

BONUS RESOURCE

For iBE-OTS Workshop Participants

## Signature Strengths Party



# iBE Signature Strengths (SS)

Humility Exercise: Keep in mind the signature strengths of loved ones, coworkers, friends, and yourself

Would you like to give your friends, loved ones or even co-workers a party and a resource that has healing power? It may be a great exercise for a family reunion, as well!

**STEP 1:** Invite them to prepare for the Signature Strengths Party by going to the website [authentichappiness.org](http://authentichappiness.org). Search for Surveys at the top or bottom of the page. Click on **VIA Character Strength Survey**. Then you will be asked to register. If you check the option to not receive future emails, they will respect that. And, you can return to the site any time in the future to see what other surveys you would like to explore.

There have been two versions of the **VIA Character Strength Survey**. I recommend the long version. Allow about 30 minutes to complete it. **VIA = Virtue in Action**.

This Survey will rank the 26 possible character strengths from your strongest to your weakest. That alone is fascinating. One of the versions only has 26 items. I have no idea how they can make a reliable ranking from only 26 questions. The other version has over 200 questions. Because it is so thorough, I trust its accuracy more. You are worth the time investment.

**STEP 2:** Invite your participants to go to my website to access the iBE Signature Strengths chart.

Visit [ibetherapy.com](http://ibetherapy.com)

On the far right of the navigation bar, click on **MORE**

Scroll down to **Relationship Resources**

Under **BOOK RESOURCES**,

Click on **BONUS** iBE Signature Strengths chart

**Print the chart and record your top 5 strengths from the VIA results** in the lower right box marked **YOURSELF**. Put it in a safe place, such as a plastic page protector, to keep in readiness.

**NOW you are READY TO PARTY!**