***Grit*** – using character strengths to support your success.

If you have completed the Clifton Strengths Inventory or Strengthsfinder assessment, you can use those strengths here. If you have not completed an assessment, a free character strengths survey is available from: <https://www.viacharacter.org/survey/account/register>.

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| --- | --- |
| **Top 5 Strengths** | **Top 5 work tasks** |
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***Optimism*** – change your explanatory style





***Gratitude*** – becoming aware of the good things in your life

Louie Schwartzberg TED talk - <https://youtu.be/gXDMoiEkyuQ>

3 Good Things

* Reflect on 3 good things that happened today. If you do this exercise just prior to going to sleep at night, you might notice that the quality of your sleep improves by reviewing your day. You can also do this with friends or family at the dinner table.
* Pay particular attention to your role in making these things happen.
* Notice, then, both how this exercise makes you feel right now, and also any ripples of hopefulness and positive expectation for continued good things in the future. (from Seligman, M. E. P. (2011). *Flourish: A visionary understanding of happiness and wellbeing*. New York, NY: Free Press.)
* It is possible to train your brain to begin to notice the patterns of good things that are happening in your life. With practice, you may recognize more than just 3 good things!
	+ You may also recognize new possibilities and opportunities that you might not have recognized before starting to intentionally note good things.

***Self-Compassion*** – How to care for and support yourself

Dr. Kristin Neff TED talk on Self Compassion - <https://youtu.be/IvtZBUSplr4> (we focus on the last 5 minutes beginning at 13:51)

The Self-Compassion model is comprised of three concepts that complement and overlap:

1. Mindfulness — seeing my own suffering clearly and understanding the background behind why I am struggling.
2. Our common humanity — everyone makes a mess of things sometimes.
3. Being kind, caring and supportive to myself

(As cited in: Neff, K. D. & Dahm, K. A. (n.d.) Self-Compassion: What it is, what it does, and how it relates to mindfulness. University of Texas at Austin. Unpublished manuscript to appear in in Robinson, M., Meier, B., & Ostafin, B. (Eds.) Mindfulness and Self-Regulation.   <https://self-compassion.org/wp-content/uploads/publications/Mindfulness_and_SC_chapter_in_press.pdf>.)

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**Kristin Neff tells us that Self-compassion is positively linked to:**

• Less anxiety and depression
**•** Lack of self-criticism
• Less rumination
• Higher motivation to learn and grow

• Lower levels of stress (and stress hormone - cortisol)
• Higher levels of well-being
• Higher ability to cope with divorce, early childhood trauma & chronic physical pain
• Improved relationships

**Self-compassion is negatively linked to** maladaptive perfectionism.

*What cue will you use to remind yourself to show more self-compassion?

What is one thing you will do to show yourself compassion?*

***Mindfulness*** – be present and grounded in this moment

* Begin with hardest tasks first, when willpower, motivation and energy are highest
* Procrastinating? Dive in for 15 minutes!
* Follow the plan, not your mood!
* Choose 1 – 3 things

Mindful methods to feel more awake, alert and present:

* Posture
* Visualize light

* Breathe

***Additional resources available at:***

[**Thriving in Action Online**](https://can01.safelinks.protection.outlook.com/?url=http%3A%2F%2Ftia.ryerson.ca%2F&data=01%7C01%7Cdiane.fjordbotten%40lethbridgecollege.ca%7Cad95ccf129274af164c008d7e7c03d8a%7C57f5fae992ae4fec88c7be26549301e8%7C1&sdata=BWzDZKqPiF67vTJKvikwkupRCsWesF4g6vKTyaouFcM%3D&reserved=0) at [**tia.ryerson.ca**](https://can01.safelinks.protection.outlook.com/?url=http%3A%2F%2Ftia.ryerson.ca%2F&data=01%7C01%7Cdiane.fjordbotten%40lethbridgecollege.ca%7Cad95ccf129274af164c008d7e7c03d8a%7C57f5fae992ae4fec88c7be26549301e8%7C1&sdata=BWzDZKqPiF67vTJKvikwkupRCsWesF4g6vKTyaouFcM%3D&reserved=0) (free access until April 2021) Username: **TiAO.Free.Guest** Password: **March2December!**