

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #49: BEAT FEAR BY REMEMBERING YOUR STRENGTH



Have you been feeling discouraged and fearful lately? Lift that cloud of fear by reflecting on your strengths and past acts of bravery!

Did you know that reflecting on your strengths makes you practice them more? It also gives you the courage to face your fears. Thinking about all of the qualities that make you special, like your adaptability, patience, persistence, kindness, leadership, etc., makes you more aware of them as well as builds your confidence. When you increase your awareness of your strengths you're more likely to use them and, through that practice, build them up. Additionally, reflecting on your strengths builds your self confidence and helps you face your fears.

Courage can be defined as the willingness and ability to work through obstacles despite feeling embarrassment, fear, reluctance or uncertainty. Displaying courage can be difficult but knowing your strengths and engaging them during situations when you need to be brave helps make it a little easier.

Practice Courage Today:



1. TAKE A MOMENT TO REFLECT ON YOUR STRENGTHS, CHECK OUT THE VIDEO ON 24 CHARACTER STRENGTHS FOR SOME EXAMPLES.
2. GRAB A PIECE OF PAPER AND A PEN AND WRITE THESE STRENGTHS DOWN.
3. WRITE DOWN A TIME THAT YOU DISPLAYED THE EACH STRENGTH THAT YOU WROTE DOWN.
4. EACH DAY CHOOSE A STRENGTH TO PRACTICE THAT DAY.
5. THE NEXT TIME YOU EXPERIENCE FEAR OR NEED TO BE BRAVE THINK BACK ON YOUR STRENGTHS AND USE THAT CONFIDENCE TO FORGE ON.

Parent Practice Tip:

Parents, this is a great activity to do with your children. Ask them what they think their strengths are and point out strengths that you've seen in them. Then reflect with them on times that they've shown these strengths.

To Learn More:

24 Character Strengths Explained
Know your Character Strengths

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