

Worksheet 4: Signature Strengths Reflection (10 minutes)

Date: _____

From Chapter 4. Answer in a few lines each:

- Describe two or three moments in your life when you felt most alive, most absorbed, most distinctively yourself. What were you doing? What qualities were you using?
 - What did you love doing at age ten or twelve, before practicality edited your interests?
 - Ask two people who know you well how they would describe you at your best, and write it down.
 - From all of the above, name your three to five signature strengths (for a researched framework, take the free VIA survey online).
 - For each strength, write one new way you could use it this week.
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From Cultivating Happiness: Everyday Habits, Deep Practices, and the Science of Lasting Well-Being by Sanjiv Sahay (Happiness Media, 2026). Free to print and reuse for personal use. The full set of worksheets, the thirty-day starting plan, and the companion app are at myhappiness.com.