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# Character strengths and weaknesses

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Taking inventory of your strengths and weaknesses helps you decide the best career path to choose or identify the most aligned field with your interests. Sometimes, such self-reflection helps you become a better partner in a relationship and a colleague in the office. Chuck Williams, author of *“Management 2.0”*, explains that identification weaknesses may require a brutal honesty, but the compromise is having a foundation on which to improve your character. You can conduct this kind of personal analysis using different techniques. Choose a reference point to evaluate your strengths and weaknesses. Include categories such as professional / career, health and relationships. Draw a basic T chart for each of these categories, delegating the left side to “Strengths” and the right side and right side to “Weaknesses”. Hubert Rampersad, Author of *“Authentic Personal Branding”*, suggests to ask how others see your reliability and ability to complete the projects in time and how customers see your expertise. Evaluate the feedback you received from other areas as an input method. Check out your performance reviews from work, grades of university courses and feedback from other instructors. Sectioning feedback in positive attributes and negative aspects; Then place each section under the corresponding T chart. Consult sources regarding what constitutes a force and weakness in a given field. For example, read the information about what makes a good spouse, a strong worker or a capable student. Analyze this criterion and determine which skills correspond and what skills need improvement. Read the background of anyone excels in the field in question. For example, read about Warren Buffett if you are analyzing your strengths and financial weaknesses. Or, interview your grandmother who was married for 50 years for your relationship category. Learn every detail of their success to see if you can refine your strengths to replicate this magnitude. Get feedback from friends and family. Find family members and friends whose opinion you respect and trust. Show them the list. Request honest feedback and suggestions for improvement over weaknesses. Also require connections or resources that can build on strengths, such as courses, lessons and workshops. Tips keep your list flexible. Move the weaknesses to the strengths as I overcome the obstacles. Look at your weaknesses as a possibility for growth and a way to exercise your potential. Embrace your weaknesses without shame or judgment. Having an open minded as to areas of improvement increases the likelihood of being honest with yourself. Recognising weaknesses with compassion, you are in a better position to improve on these traits. Make the effort to grow your workplace strengths and turn your weaknesses into strengths. Developing a strong personality of the workplace with positive characteristics requires time and deliberate deliberateUse every opportunity to turn what you do well into something you do better. Use your strengths in the workplace to help others. If you have a good work ethic or are a good problem solver, for example, show up for work 10 minutes early to help set up the restaurant or office where you work for the day. Stay another 10 minutes after the end of the shift (if permitted by company policy) to help a colleague with a job or problem they need to solve. To develop your ability to help others, look for the opportunity to serve someone. Kindly ask the person if they would like help before jumping in to assist them, however. Do it at least once a shift to get better. Jupiterimages/BananaStock/Getty Images Attitude plays an important role in whether we like our work or not. It also affects how our colleagues feel during their working day. It is definitely more enjoyable to be close to those who are happy than to those who are constantly negative. If you generally have a good attitude towards work, share it with others. Smile as often as possible, and spread your good mood by offering encouraging words. Build a good attitude by avoiding complaining about things at work or specific people at work. When you are tempted to do so, keep your mouth shut. Next time you open it, be sure to say something positive, even if it’s about commenting on the weather in a positive way or asking someone if they had a good day. Others will appreciate your efforts. Catherine Yeule/ISTock/Getty Images Good communication is essential in any workplace. Whether you tell an assistant teacher how things went with the preschool classroom helping with the morning, email your boss about a problem you’re facing, or communicate orally with a client over the phone about a project your company is doing, communication is an extremely important part of your success at work. Develop your ability to communicate by speaking more openly with your supervisors about good and bad things happening at work, by scrutinizing emails for respectful and concise tone before sending them, or by receiving and delivering accurate messages when answering phone calls to others in the workplace. Every opportunity to talk to someone at work is an opportunity to improve your communication skills. intmphoto/ISTock/Getty Images Successful employees are looking for something to do when there is nothing to do. If you are naturally self-motivated, you would be setting an example, without words but with lots of actions. You are looking for productive ways to fill the time gap at work, perhaps by filling out your schedule for the next day or calling customers to see if they need anything. Worked Manage your time well and give priority to your tasks according to the urgent. If you need to develop this skill, start asking your supervisor if there is something else that you can do once your work has finished. Look around to see what homework they must be completed that they have not been completed completed Not yet. When we think about psychology, we tend to think about disorders, deficits and anxiety. Abnormal psychology comes to mind spontaneously, but of course there are different kinds of psychology, one of which, positive psychology, takes a different approach. In particular, positive psychology “is the scientific study of the strengths and virtues that enable individuals and communities to prosper”, according to the program of positive psychology at the University of Pennsylvania, home of positive psychology, Martin E.P. Seligman, man: positive emotions (such as happiness and hope), individual traits positive (such as strength, resilience and creativity) and positive institutions (such as better communities, leadership and parenting).Strengths of characterResearch into character forces is a fascinating part of positive psychology. Character forces are “psychological ingredients” – processes or mechanisms - that define virtues – according to authors Christopher Peterson and Martin Seligman in their book *Character Strengths and Virtues: A Handbook and Classification*. The authors consider their character strengths classification as a healthy version of the Diagnostic and Statistical Manual of Mental Disorders. They call their book “a handbook of health care”. The classification includes six main virtues and then various strengths that fit each of them (see below). “The classification reflects the world’s major religious writings, including the Bible, the Koran and the Bhagavad Gita, as well as studies of major philosophies”, according to the VIA Institute on Character, a non-profit organization. Fifty-five psychologists have looked for these traits over three years, and many researchers have studied the classification.The surveyWhat is really interesting is that you can find out your strengths by filling out a questionnaire. Peterson is the author of the research-based survey that helps people identify the strengths of their signature, as they are defined. It is called the VIA survey and is offered by the VIA Institute on Character. You can register here to participate in the survey.The VIA Classification of Character StrengthsHere is a closer look at each virtue and its strengths. Wisdom and Knowledge: Creativity, Curiosity, Judgment and Openness, Love of Learning, PerspectiveCourage: Courage, Perseverance, Honesty, ZestHumanity: Ability to love and be loved, Kindness, Social IntelligenceJustice: Teamwork Loyalty, LeadershipTemp Forgiveness and mercy, modesty and humility, prudence, self-regulation. Hope, humor, religiosities and spiritualityHave did you take the survey via? What are your thoughts about positive psychology or on the strengths of the characters? Last updated on November 26, 2020 many of us have a wide range of experiences and results we want to have and reach during our lives. The final destinations always have a bright and brilliant appeal on them, but what we often do not prepare for twists, shifts and tests that can challenge us along the way. Here is where to know our strengths and weaknesses can be incredibly useful. With a better idea of our initiative and our deficiencies, we are unable to develop better projects to achieve our goals, but we can also eliminate which we will be challenges, try a much more pleasant journey while we proceed towards our goals, and inevitably they grow along the way. The best way to identify your strengths and weaknesses involves a mix of methods. Some involve self-assessment and others require a loan hand from others. Following these five steps, however, you would have lawyer with enthusiasm opportunities to increase awareness of your strengths and weaknesses.1. Identify strengths and weaknesses in terms of contentofirstly, forget to draw a two-column table and listing your strengths on one side and weaknesses on the other without reference to a context. This will be a completely useless exercise. Without referring to your self-assessment to a specific situation, it is probable that you felt feeling overwhelmed and without direction. Dry researchers, strengths and weaknesses are highly contextual and dependent on the mix of our values, objectives, interests and situational factors. Given this, it is useful to start reviewing key situations in your life in which you have goals for things to be better than the aspects of your work may require you to exercise different abilities and knowledge at various degrees. You may experience challenges in your personal or family relationships. Perhaps you want to master the skills in playing a musical instrument, a sport, or develop a creative or performing talent of arts. What you choose, arrive per task: determines what skills, knowledge and application style will bring the desired results and change to fruition . Review which of those you believe to have. Vote how close to a solution you believe what you have is suitable for what is required (for example 10 could be a perfect fit and zero no ability, knowledge or application capacity). For evaluations you give you on zero, ask yourself how easy or challenging for you to apply ability, knowledge and understanding. Ask yourself, “What did I like more? A, B, C, D, E, F, G, H, I, J, K, L, M, N, O, P, Q, R, S, T, U, V, W, X, Y, Z, -” What did I like? A, B, C, D, E, F, G, H, I, J, K, L, M, N, O, P, Q, R, S, T, U, V, W, X, Y, Z, - is also be more useful and accurate in evaluating yourself along a continuum than trying to identify a trait, ability or attribute as purely strength or weakness. You might be stronger in some greetings and weaker/less strong in others. You might also consider considering “A, B, C, D, E, F, G, H, I, J, K, L, M, N, O, P, Q, R, S, T, U, V, W, X, Y, Z, -” and “A, B, C, D, E, F, G, H, I, J, K, L, M, N, O, P, Q, R, S, T, U, V, W, X, Y, Z, -” Language for: easier for a long time easy to effort for challenging ineffective for very effective completely not familiar to do The fact of doing so reducing a tone of judgment often associated with the highly polarized strength of force-weakness evaluation alone is not an effective means to discover your strengths and weaknesses. If feeding the lower self-esteem it affects an agreement with you, it is likely that you are negatively to prevent and a harder critic towards you. Although this initial reflection is a step in a useful direction, its individual and subjective nature can do more damage than good. It is time to involve an external assessment tool designed to help filter at least a certain level of this negative prejudice.2. Carefully select and use self-assessment tools Self-assessment tools greatly help you make sense and organize your strengths and weaknesses. The profiles that emerge from your answers allow you to recognize where it could be better to direct your energy and attention to improve your knowledge and your ability. 1 à 6

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