

# Wellness Culture

## October Wellness Component: Life Satisfaction

**Key Information:** Life satisfaction is a subjective measure of an individual's perceived level of well-being and happiness. One way of achieving life satisfaction is to identify your own unique strengths and talents. When we focus on these abilities, we tend to be at our very best and, more importantly happy.

### Identifying your Strengths:

The following can help you identify your unique strengths from among your many competencies:

- There are likely things you have done in which you have lost track of time. This is often called flow or being in a zone. Regardless of what it's called, you've had this experience of getting totally lost in some activity, losing track of time and being so wrapped up in what you are doing that you forget to eat, forgo sleep and feel like you could go on forever. This is a clue that you were using one or more of your unique strengths.
- What do you love to do? Normally, things you love to do involve special talents or strengths. That's why you love doing them; the doing is effortless, engaging and fulfilling.
- Take a validated assessment. The VIA Signature Strengths Questionnaire is a research-based assessment that will identify your top five strengths. This 240 questions assessment can be found at [www.authentic happiness.sas.upenn.edu](http://www.authentic happiness.sas.upenn.edu) and is free.

### Action Steps Made Easy:

1. Identify and list 2 strengths or talents (the one's that are effortless, engaging and fulfilling) that you have and use them each and every day. This may take some creativity, but it's to your advantage to focus on your strengths.
2. Devote your time and energy on the things you do exceptionally well as opposed to spending time on improving an ability from poor to good.
3. List 2-3 of your best contributions that you have achieved in your lifetime; those accomplishments that filled you with pride when you completed them and left you with pleasant memories. It's highly likely that you achieved these accomplishments using your signature strengths.

**Good Life Quick Tip:** Each night before sleep, recall three good things that happened that day. Do this for one week. A good thing need not be something dramatic, just positive. Review what might have caused that good event. Studies have proven that this can increase levels of happiness and help decrease depression.

**Resources:** Strengths for Life Satisfaction- <http://personaldevelopment.suite101.com/>

University of Pennsylvania-VIA Signature Strengths Questionnaire-[www.authentic happiness.sas.upenn.edu](http://www.authentic happiness.sas.upenn.edu)



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