

What's Your Mindset Newsletter

from **Helena Radeson - Your Partner to GET YOU WHERE YOU WANT!**



APRIL

You've got all the answers within you!

Or: Using the science of Character Strengths to achieve everyday well-being

Have you ever been in a situation where you felt like everything just worked out, that you were at ease, that everything was just perfectly flowing?

On the other hand, how many times have you been in a situation where you felt uneasy, wrong, like nothing was going your way, like "I hate this", "I can't stand this?"

It's not as inexplicable as it may seem when you're in either of those moments. In fact, researchers have spent a whole lot of effort figuring out the science behind this. These insights enable us all to get to know ourselves better and from that to more often putting ourselves in the positive scenarios. In addition, we can gain greater insights into why we feel like we do in the negative ones.

The thing is, we all have these traffic signals within us, these indicators of what makes us feel good, and therefore, what does not. I like to think of them as our personal highways to living ‘the good life’.

We are talking about the Science of Character Strengths.

“The thing is, we all have these traffic signals within us, these indicators of what makes us feel good, and therefore, what does not.

I like to think of them as our personal highways to living ‘the good life’.”

I thought I would give you a brief look into what this is all about, where it stems from, and how knowing your character strengths can make a substantial impact on your happiness and your ability to live the good life.

Here we go.

During the 1900’s, the research field of Psychology was busy finding out what could go wrong in the human psyche. It had successfully classified and categorized mental illness and was in many cases able to offer medication and treatments. When Dr. Martin Seligman became President of the American Psychological Association in the late 1990’s, he decided it was time to expand the focus. He wanted the discipline to start looking at what can go right.

And with that, the field of Positive psychology was born.

Dr. Seligman and colleague Dr. Petersen became the front runners as they set off to research the good life and how we as individuals get more of it. The team looked into the science of how we can improve our well-being. Not by chance but scientifically speaking. What are the important factors for increasing well-being?

“The team looked into the science of how we can improve our well-being.”

The professors looked across cultures and across millennia to attempt to distill a manageable list of virtues that have been highly valued from ancient China and India, through Greece and Rome, to contemporary Western cultures. The virtues are Wisdom & Knowledge, Courage, Humanity, Justice, Temperance and Transcendence.

With those virtues as beacons, they discovered a common language for what makes up the best of our personalities as they researched and defined 28 character strengths. All of us have all of the 28 character strengths but in different order, and the mix makes us and our needs for well-being unique. It means that your top character strength can be my last one, and everything in between in different order, which doesn't make either of us better, just having different ways to achieve our best states of well-being.

“All of us have all of the 28 character strengths but in different order, and the mix makes us and our needs for well-being unique.”

Having identified these, the research team wanted to find a way to make the science of character strengths accessible to us all, to share it in a simple, low cost, low barrier way.

And they did.

They invented the VIA Character Strength Survey, a simple and free, self-assessment test that takes 15-20 minutes to fill out, and that everyone can do on their own. The test shows us our unique and individual order of character strengths and has already been taken by over 27 million people all over the globe, meaning that the research base continues to expand.

And so, why do I want to know about this, you ask?

Well, character strengths are the positive parts of your personality that make you feel authentic and engaged. Using them means that you show up at your best! So, when you make sure to put yourself in situations where your character strengths can come to play, not only will you feel that you're being the best version you, so will people around you!

“Character strengths are the positive parts of your personality that make you feel authentic and engaged.”

Using them means that you show up at your best!”

Research shows that understanding and applying your strengths can help:

- Boost confidence
- Increase happiness
- Strengthen relationships
- Manage problems
- Reduce stress
- Accomplish goals
- Build meaning & purpose
- Improve work performance

So, in fact, when you’ve identified your individual mix of character strengths, you have your blueprint, your roadmap to well-being.

Examples of hands-on applications may include to use your character strengths **mindfully**, meaning that you know and appreciate your own best qualities to get clear on how you contribute. It may also mean to use them **in relationships**, meaning that you spot the strengths in others so as to increase your appreciation of them. Another way to apply and leverage your character strengths is to use them **in new ways**, meaning that you intentionally expand when and how you use your best qualities.

*“So, in fact, when you’ve identified your individual mix of character strengths,
you have your blueprint, your roadmap to well-being.”*

How do I do this?

My absolute recommendation is that you head over to the [VIA website](#) and [take the test](#). Today! It's available in adult and in youth version. I can speak highly to including your family members for a different and often very explanatory new type of family photo.

The test itself is free and if you want to dig deeper on your own, there are a number of reports available for purchase on the website.

If you want to dig deeper and get professional guidance to understand and start applying your personal results to your life and your life goals, [let me know](#). When I first did the test I was blown away by how it nailed and explained so much about myself to me. I use my expanded understanding of myself daily. Mind you, not only meaning that I always only do things that talk to my top character strengths, but as a consequence that I now have a totally differently level of acknowledgment in situations where I don't use them.

Every time I use the test with clients I get further confirmation that when we understand and apply our character strengths there is a direct link to our improved sense of well-being. **If you choose to use [my professional account](#) to do the test and are among the first three to do so, you get a free 30-min coaching session to start understanding and applying to your life!**

No matter how you choose to go about this, start now! Discover your greatest qualities and begin using your strengths to build your best life!

*“Discover your greatest qualities and begin using your strengths to build your best
”life!*

(Or differently put: Focus on what's STRONG, not on what's wrong!)

HELENA RADESON

PERFORMANCE COACH & CHANGE CONSULTANT

+41 79 284 25 31 | hallo@helenaradeson.com | www.helenaradeson.com

