

Activities for Hosla Bot- Self Esteem

Activity 1: Strengths Engagement Plan

When individuals recognize their strengths and intentionally apply them on a regular basis, they often see boosts in self-esteem, mood improvement, and a decrease in stress. Every individual has the ability to cultivate the habit of consciously using their strengths. The key is to approach your strengths with purpose and mindfulness, rather than relying on automatic or habitual actions! The following activity will help you identify your strengths and create a plan to deliberately use the strengths every day.

1. Choose the strengths from the list below that you feel most connected to:

<input type="checkbox"/> Adaptability	<input type="checkbox"/> Confidence
<input type="checkbox"/> Empathy	<input type="checkbox"/> Spirituality
<input type="checkbox"/> Creativity	<input type="checkbox"/> Optimism
<input type="checkbox"/> Resilience	<input type="checkbox"/> Curiosity
<input type="checkbox"/> Patience	<input type="checkbox"/> Honesty
<input type="checkbox"/> Leadership	<input type="checkbox"/> Collaboration
<input type="checkbox"/> Communication	<input type="checkbox"/> Courage
<input type="checkbox"/> Problem-solving	<input type="checkbox"/> Time Management
<input type="checkbox"/> Gratitude	<input type="checkbox"/> Generosity
<input type="checkbox"/> Compassion	<input type="checkbox"/> Mindfulness
<input type="checkbox"/> Determination	<input type="checkbox"/> Assertiveness
<input type="checkbox"/> Focus	<input type="checkbox"/> Kindness
<input type="checkbox"/> Self-awareness	<input type="checkbox"/> Integrity
<input type="checkbox"/> Open-mindedness	<input type="checkbox"/> Motivation
<input type="checkbox"/> Forgiveness	<input type="checkbox"/> Humor

2. For the next week, create a simple plan for each day of the week to focus on any one of your chosen strengths.

Strength	Day	Plan	Accomplished (Y/N)
	Monday		
	Tuesday		
	Wednesday		
	Thursday		
	Friday		
	Saturday		
	Sunday		
	Example		
Generosity	*Monday	Donate a small amount to a charity of my choice	Y