



ME AT MY BEST

Take the VIA Strengths test and take a look at your top five strengths. Think of a time, or period, in your life when you had a “peak” experience, made a difference, succeeded at something important, or others told you they admired how you had done something specific. Think of the ways in which your strengths played a role in this experience and write a few paragraphs about it, singling out each one and where you see its role.

Example:

My top five strengths are

Love and Be Loved

Creativity

Zest

Bravery

Wisdom

I realized that when I wrote my first book, “My Name is Caroline,” the first book by a survivor of bulimia, that I’d used all of my strengths because I **loved myself and others** enough to want to save my own life and give hope to others for the same; it took **creativity** to write the book in a compelling format; my **zest** is some of the *joie de vivre* that helped me thrive in recovery and share it with others; it was **brave** to break the silence around this illness; and as a result of the difficulties I overcame, I had **wisdom** that others drew strength from.