

**Worksheet 4.15 Strengths Date Exercise (Rashid, 2008) Instructions**

One way to enhance your relationship and to increase positive emotions for yourself and your significant other is through understanding, recognizing, and celebrating one another's character strengths (Rashid, 2008). One way to do this is through planning a strengths date.

In order to complete a strengths date, please be sure that you and your significant other have completed the VIA Inventory of Character Strengths on-line at [www.authentic happiness.org](http://www.authentic happiness.org) or [www.viacharacter.org](http://www.viacharacter.org) and know each other's top five strengths from this measure. Then, together plan a date that will allow you both to capitalize upon one or more of your signature strengths. Several examples of strengths dates are provided for you below.

**Strengths Date Example 1: Tahlia and Jace****Tahlia's strengths:**

- Capacity to love and be loved
- Creativity
- Open-mindedness
- Appreciation of beauty and excellence
- Hope

**Jace's strengths:**

- Humor
- Teamwork
- Zest
- Love of learning
- Curiosity

**Strengths date plan:** In order to capitalize on Tahlia's strengths of appreciation of beauty and excellence and open-mindedness and Jace's strengths of love of learning and curiosity we will go to the traveling "Bodies: The Exhibition" show that is coming to our local museum next month. This exhibition is something neither of us has been to before. It is an exhibition designed to help people better understand the human body and how it functions. They have actually preserved whole-body specimens and individual organs so that people can see how their bodies really work! People who have seen it say it is fascinating so we are looking forward to seeing for ourselves.

**Strengths Date Example 2: Ceanna and Briella****Ceanna's strengths:**

- Fairness
- Gratitude
- Teamwork
- Kindness
- Perspective

**Briella's strengths**

- Forgiveness
- Modesty
- Curiosity
- Leadership
- Social intelligence

**Strengths date plan:** In order to capitalize on Ceanna's strengths of kindness and teamwork and Briella's strengths of leadership and social intelligence, we are going to volunteer with the local girl scouts to co-lead a troop outing for one weekend next month. Briella will use her social intelligence and leadership skills to plan the events of the outing and to motivate all the girls to fully participate. Ceanna will use her teamwork strength to make sure the girls work together to accomplish the tasks and activities that Briella plans. Ceanna will also be capitalizing on her kindness strength since this entire plan is altruistic in nature.....we are doing this voluntarily. Although they offer a small stipend for leaders, we are not going to accept it.

**Use the worksheet below to guide you and your significant other through planning, implementing, and reflecting upon your own strengths date.**

**Strengths Date Planning Worksheet**

Top five strengths for \_\_\_\_\_:

- 1.
- 2.
- 3.
- 4.
- 5.

Top five strengths for \_\_\_\_\_:

- 1.
- 2.
- 3.
- 4.
- 5.

Strengths date plan:

Please briefly respond to the following questions after carrying out your strengths date:

Was your date enjoyable? Did you and your significant other experience positive emotions during and/or after the date? Briefly describe your response below.

Do you feel as if you and your significant other grew closer or have a better understanding of one another as a result of this exercise? Briefly describe your response below.

Did your strengths date go as planned? Did you feel as if your strengths and the strengths of your partner were both put into action during your date? Please briefly describe your response below.