

Soaringwords



the power to heal

Soaringwords' SOARING into Strength

Positive Health Initiative: Why Loneliness Matters & What You Can Do to Feel Connected

Proud Silicon Valley Community Partners:



Presented by:

Lisa Honig Buksbaum, CEO & Founder, Soaringwords

Soaringwords, 5 West 86th Street, Suite 1500, NY, NY 10024

Lisa@soaringwords.org

www.facebook.com/Soaringwords Instagram: [@soaringwords](https://www.instagram.com/soaringwords)



Workbook Activity: Feeling Heard

Think of a person, pet, or community that makes you feel seen and heard. Write a few sentences describing them and how they make you feel.



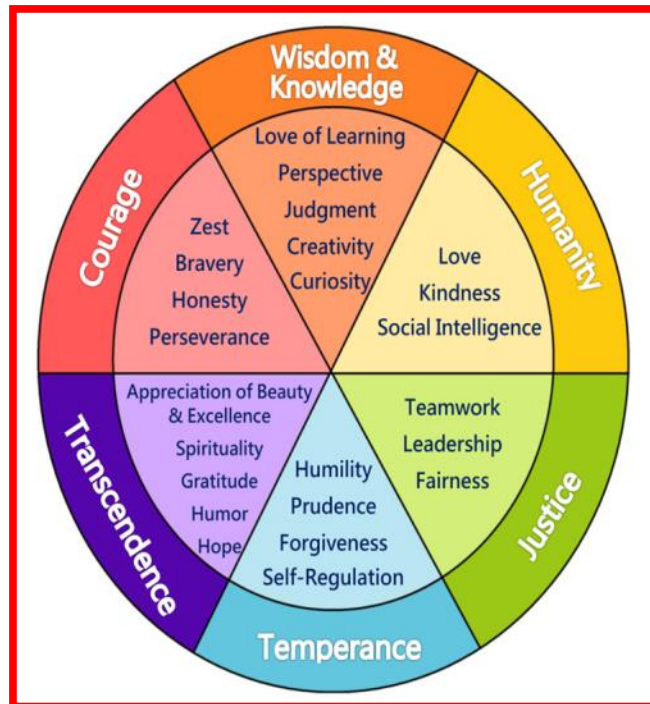
Workbook Activity: Embracing Solitude

When you're with yourself, you're ALWAYS in good company. Write about the things you loved to do when you were 10 or 12 years old. Examples of this include, singing, dancing, riding a bike or coloring.

What is the first step you can do to reconnect with an activity you love? For example, can you spend 20 minutes over the next few days enjoying this activity?



Workbook Activity: Let's explore YOUR Signature Strengths



<https://viacharacter.org/pro/soaringwords/account/register>

Go to the link above to take the free online survey to discover your Signature Strengths

The cluster of your top FIVE strengths are called your Signature Strengths. Look at your VIA Character Strengths report and fill in your top 5 strengths.

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



Workbook Activity: Awareness of Your Strengths

Choose **one** of your Signature Strengths and write an example of how you use this strength in action in your life.



Workbook Activity: Awareness of Your Strengths

Choose **one** of your Signature Strengths (try to pick a different one other than your prior example) and write an example of how you use this strength in action in your life or how you've used it during a challenging time or setback.



Workbook Activity: Exploration of Strengths

Signature Strengths create an energy that radiates from our core. After reviewing your five Signature Strengths (see page 6), what would it be like to live MORE of your life from your top strengths?

What would it feel like?

soaringwords



the power to heal

My Best Possible Future Self

Name

Age

www.soaringwords.org

