



Pre-reading and activity

Discover your character strengths in 10 minutes with the free, scientifically validated VIA survey. Learn how to use your character strengths to live your best life.

Visit the VIA Character Strengths website and complete the Inventory prior to attending the session.

<https://www.viacharacter.org/www/Character-Strengths-Survey>

Further references for your interest

<http://www.pursuit-of-happiness.org/history-of-happiness/martin-seligman-psychology/>

<https://positivepsychologyprogram.com/perma-model/>

<https://www.wellbeingandresilience.com/sites/swrc5/media/pdf/permaandcentreooverview.pdf>

<https://www.authentic happiness.sas.upenn.edu/learn/wellbeing>