

Strength Training Assignment

Participation in Strength Training:

The purpose of this assignment is to put the course material from positive psychology into action in your daily life. This project will give you the opportunity to focus on your top three strengths.

As a cumulative activity related to the study of signature strengths, your challenge will be to spend one entire week working to utilize your top three strengths in as many ways as possible. During the week, you should concentrate on finding as many opportunities as you can to engage in intentional behaviors and thought processes that build on your natural strengths, preferences, and talents.

Examine the list of activities on the strength training plan. It would be difficult (or impossible) for you to accomplish all of the suggestions. You should consider making a few of these ideas part of your strength training week. Some of the activities will require more effort and time than others. Try to utilize a mix of challenging and less challenging activities through the week. You should not feel limited by the list. The activities on the list are meant to give you a few ideas to get you thinking about how you could use your signature strengths in everyday life. If you would like to choose a different action that you believe relates to your signature strength, have it approved by your teacher in advance. Above all, remember to be genuine in your efforts to utilize your signature strengths. This assignment is about using your existing strengths to improve your own life and the lives of those around you.

Note: As much as possible, avoid sharing with others that you are participating in strength training week.

Writing About Your Experience:

At the beginning of class on _____ you will turn in the strength training log and the written evaluation of your overall strength training experience.

Strength Training Log:

Your strength training log will include a list of the actions, feelings, thought processes, and observations that you had for each day of strength training week. What activities (intentional or unintentional) did you carry out that related to your signature strengths? How did others respond? How did you feel on this particular day?

Strength Training Evaluation

Your evaluation should be typed, double-spaced, and a minimum of two pages in length using a 12-point font and 1" margins. Some of the topics that could be addressed include:

- Define your signature strengths in your own words.
- To what extent do you feel that your top three strengths describe you? Do you feel that the test was accurate? Why or why not?
- Examine the strength training log: what actions were the most meaningful to yourself and others?
- How did friends and family react to your intentional activities? Do you think that they noticed a difference in your behavior? Why or why not?
- What parts of the week were difficult for you? Under what specific circumstances was it difficult for you to embody your signature strengths? Please explain why you felt challenged in these moments.
- In the future, how and when could you utilize these strengths to improve the lives of yourself and others?
- If you were to predict your behavior one month from now, do you think it will have changed in any way as a result of participating in strength training week? If so, how? If not, why not?