

The six strengths we all need for good psychological wellbeing



S

Self-acceptance

I aim to keep a positive attitude towards myself, being happy with who I am.

I recognise and accept that there are multiple sides to me, and that these inevitably include both good and bad qualities.

It's my choice to feel mainly positive about my past life.



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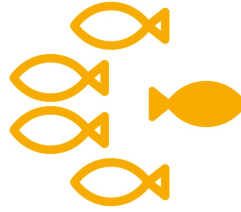
Purpose

There's a sense of direction to my life, and I have clear goals.

My life, both present and past, has meaning.

I hold personal beliefs that help to give my life purpose.

My daily life is structured around objectives and aims.



I

Independence

Whenever appropriate, I determine my own direction in life, independently.

Social pressures don't sway my thoughts and actions.

Self-control enables me to regulate my behaviours.

I don't make judgements by comparing myself to others.



R

Resourcefulness

I try to enjoy managing everyday life, feeling a sense of achievement.

If things go wrong, I'm generally able to adapt and adjust.

I like spotting opportunities and making the most of them.

I feel a certain sense of control over the world immediately around me.



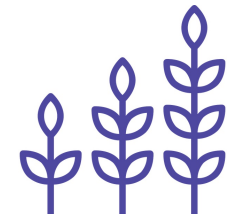
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Interconnection

I work hard at maintaining warm, satisfying relationships with others, and am concerned about their welfare.

I enjoy feeling close to people, and empathetic.

I appreciate that all human relationships involve a degree of give and take, and compromises.



T

Transformation

My life is always developing, and I'm continually growing and expanding.

I'm always open to new experiences.

I believe I'm realising my potential, and am understanding more about myself every day.