EGO STRENGTH

This form helps teach you about the relationship between the expression of signature strengths and ego strength.

To help facilitate your understanding of the relationship between signature strengths and ego strength, I have included the following Ego Strength/Signature Strength Spectrum, with related examples. What is important for you to understand here is that as signature strengths are more frequently expressed, ego strength rises, and conversely, when signature strengths are seldom expressed, ego strength decreases.

Ego Strength/Signature Strength Spectrum

<table>
<thead>
<tr>
<th>High ego strength</th>
<th>Low ego strength</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frequent expression of signature strengths</td>
<td>Signature strengths seldom expressed</td>
</tr>
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Examples

The extrovert who frequently gives public speeches
The introvert who is frequently required to speak publicly
The intellectual being asked to teach creative subjects
The artist being asked to write technical manuals

Identify signature strengths (strength survey).

Now that you understand the relationship between the expression of signature strengths and ego strengths, you are ready to identify your own signature strengths. To do this, I am presenting you with the following set of questions.

1. When do you feel most strong?________________________________________

2. During which activities do you find you question yourself the least?___________________________________________________________________

3. When do you feel most competent?____________________________________

4. During which activities do you feel that you are an “expert?”_____________________________________________________________

5. In what areas do you feel that you could teach another person?_____________________________________________________________
As these questions are open-ended, the goal is to draw your attention to areas of your life where signature strengths may exist. In answering these questions, please know that there are no right or wrong answers, and further, that every person has areas of strength that are unique to him or her. Additionally, please be careful to avoid comparing your strengths to those of anyone else.

Creating concrete steps to increase expression of signature strengths.

Once you have identified areas of your life that seem to contain signature strengths, the next step is to then make a concrete plan to increase the expression of these strengths. To do this, I am asking you to complete the following questions.

1. **What three steps can you take to increase the amount of time spent expressing your signature strengths? List three:**
   1. _________________________________________________________
   2. _________________________________________________________
   3. _________________________________________________________

2. **What three steps can you take to build your signature strengths? List three:**
   1. _________________________________________________________
   2. _________________________________________________________
   3. _________________________________________________________

Build anchors for signature strengths.

With an understanding of how signature strengths manifest in a person’s life, and a clear plan to increase their expression in your own life, you will now need to build anchors in your life to support the maintenance of these signature strengths, and therefore, your ego strength. To do this, I ask you to complete the following questions.

1. **Who supports your signature strengths? List three:**
   1. _________________________________________________________
   2. _________________________________________________________
   3. _________________________________________________________

2. **What organizations, groups, classes, or clubs support your strengths? List three:**
   1. _________________________________________________________
   2. _________________________________________________________
   3. _________________________________________________________

3. **What employment settings would support your strengths the most? List three:**
   1. _________________________________________________________
After you have completed the steps outlined above, you should be much closer to a frequent expression of signature strengths, and higher ego strength. Additionally, having become comfortable with these steps, you will be prepared to use them again in the future in order to ensure that ego strength remains high.