

# **CHARACTER STRENGTHS AND LIFE SATISFACTION**

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# CHARACTER STRENGTHS

Character strengths are positive traits reflected in our thoughts, feelings, and behaviors

They exist in different degrees and can be measured as individual differences

Research have found that character strengths predict life satisfaction differently



# CHARACTER STRENGTHS

These character strengths relates to a greater satisfaction in life

- Optimistic about the future
- They are loving towards people
- Appreciate and count their daily blessings

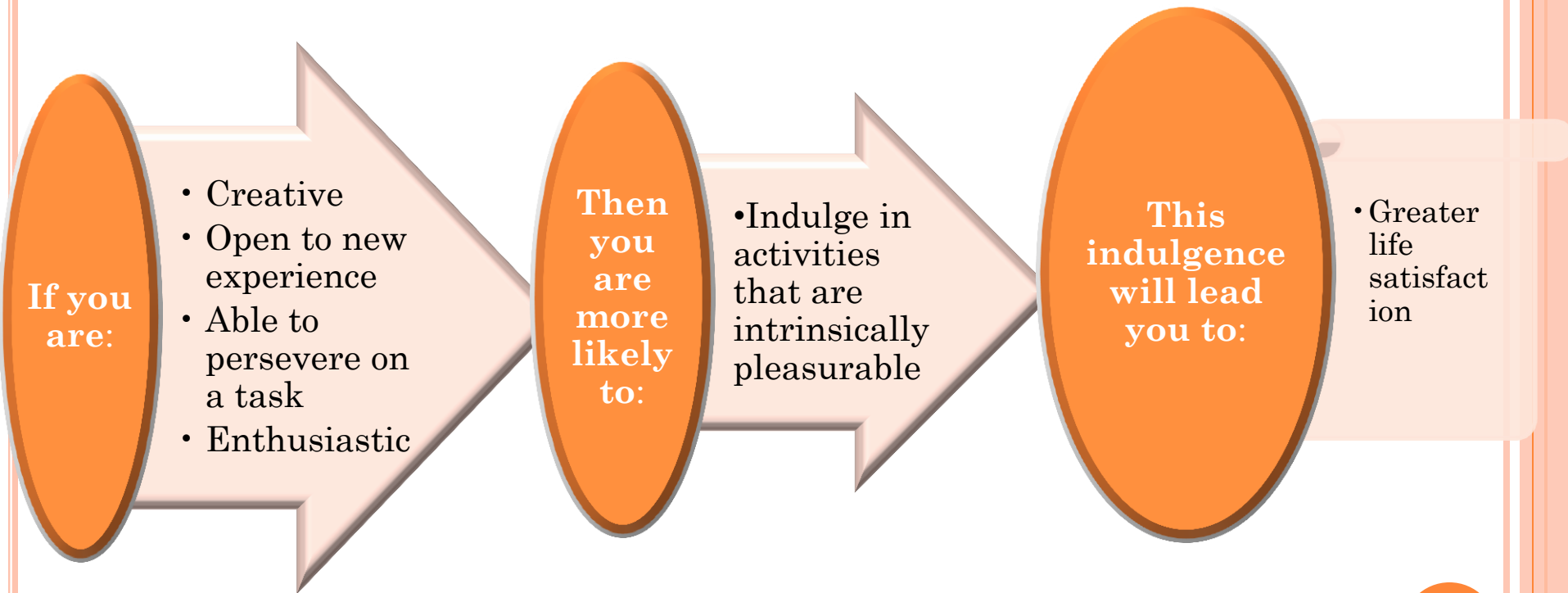


# **CHARACTER STRENGTHS**

Some of the character strengths do manifest into different characteristics that leads to a greater life satisfaction



# WHAT ARE THE CHARACTER STRENGTHS THAT CAN LEAD TO LIFE SATISFACTION



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If you are:

- Someone who like to laugh
- Able to appreciate aesthetic experiences

You are more likely to experience:

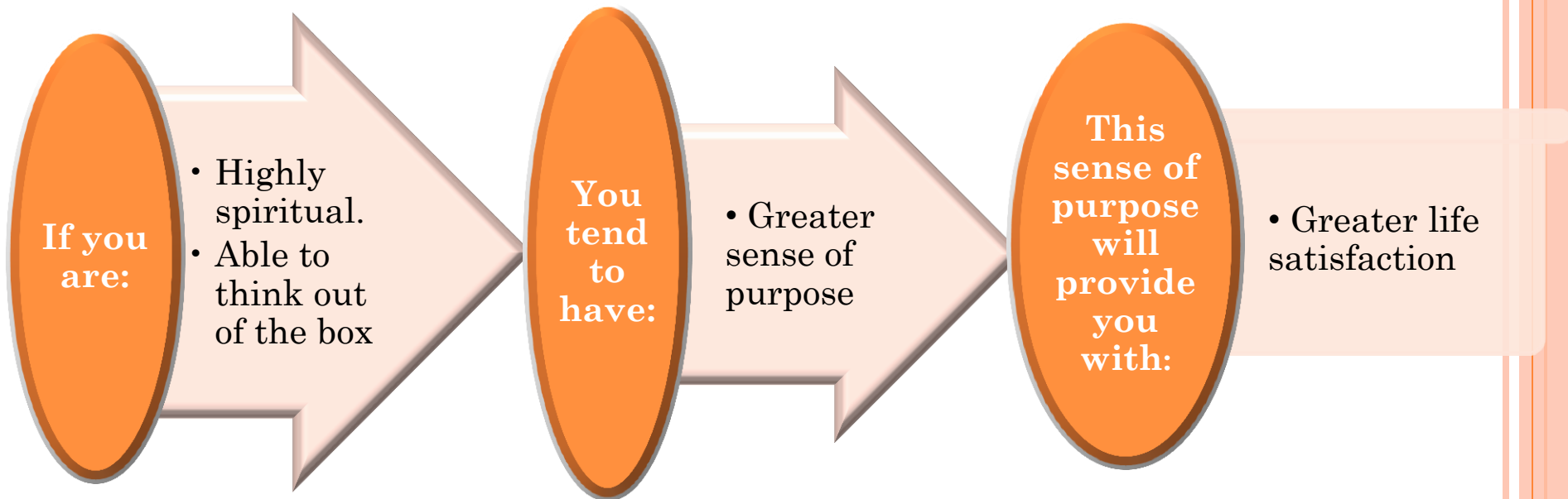
More positive emotion

This positive emotion will lead you to:

Greater life satisfaction



# WHAT ARE THE CHARACTER STRENGTHS THAT CAN LEAD TO LIFE SATISFACTION



**Hopefully you can also develop  
your character strengths to  
achieve a more fulfilling life!**







A member of the UCSI Group

