



Character Strengths: Guided Meditations

Lesson 10: All the Strengths in the World!

Let's spend a moment bringing our attention to our breath so that we can become peaceful and relaxed. Let's start by closing our eyes and sitting up straight at our places. We place our feet on the floor and our hands relaxed on our laps. Now we can bring our attention to our breath. Bring your attention to your breath as we breathe in and out for ten breaths. (In/out x 10).

Now that we have learned about the 24 Character Strengths, we are going to imagine what the world would be like if we all used our strengths, as much as we can, everyday!

So, now imagine all the people of earth, including yourself, with their Character Strength Treasure Coins shining out from deep inside them. Imagine the power of the light and warmth of all of these strengths shining out all over the world. Imagine the power of love, kindness, teamwork, bravery, fairness and all the other strengths brightening up the planet. Can you see the whole planet in a beautiful golden bubble? How does it feel to be creating this bubble? Feel the warmth and light of all of these Character Strengths shining together. You might feel strong, joyful and connected to others. Relax for a while and enjoy feeling like this!

If you find your mind becoming busy or distracted, bring your attention back to your breathing. You can say the words 'Power of Strengths' to yourself if you like to help you to keep your attention on the feeling of connection and joy.

(Pause for around 30 seconds, or more).

Now it's time to gently open your eyes and bring your attention back into the room. Take a minute to do this, and do some gentle stretching at your place.

Remember that you can imagine all the strengths in the world shining out like this anytime you want to feel connected, joyful and strong!