



Character Strengths: Guided Meditations

Lesson 8: Focusing on the Character Strength of Zest

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 we are going to bring our attention to the Character Strength of Zest. Feel your Treasure Coin of Zest shining out from inside you. Now remember a time in the past when you used your zest. This could be a time when you felt lots of energy and enthusiasm for something. Maybe it was a game you were playing with your friends or a time when you were really enjoying one of your hobbies. Now see yourself in this scene, using all of your zest! How does it feel? You might feel excited, happy and full of energy. Relax for a while and enjoy feeling this zest!

If you find your mind becoming busy or distracted, bring your attention back to your breathing. You can say the words 'zest and fun!' to yourself if you like to help you to keep your attention on the feeling of zest and energy.

(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 your Zest shining out like this anytime you want to feel energetic and enthusiastic!