



Character Strengths: Guided Meditations

Lesson 9: Focusing on the Character Strength of Teamwork

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 Teamwork. Feel your Treasure Coin of Teamwork shining out from inside you. Now, remember a time in the past when you used your teamwork. This could be a time when you were working with other people to try to achieve something. Maybe it was with your family or friends, or on a sports team. Think about how you worked to help the group. What did you say or do? Now see yourself in this scene, using all of your teamwork! How does it feel? You might feel excited, proud, helpful and joyful. 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 word 'teamwork' to yourself if you like to help you to keep your attention on the feeling of pride 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 teamwork shining out like this anytime you want to feel energetic and helpful!