



明愛賽馬會「源·點」家校心靈支援服務  
Caritas Jockey Club Project on Family Solidarity and Mental Wellness

主辦機構 Organiser



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The Hong Kong Jockey Club Charities Trust

# 品格優勢

—探索之旅—

家長實踐應用手冊

— Exploration of —

## Character Strengths

H A N D B O O K

for Parental Practice and Application



# 目錄

目錄	1
序言	2
計劃介紹	3
<b>(一) 理論基礎篇</b>	<b>4-17</b>
正向心理學	5
美德和品格優勢	6-9
品格優勢量表簡介	10-15
PERMA	16-17
<b>(二) 實踐應用篇</b>	<b>18-36</b>
活動一：「品格優勢目標」工作紙	19-24
活動二：「我的十大成就」工作紙	25-29
活動三：「我的成長樹」工作紙	31-33
「品格優勢感恩手帳本」使用說明	35
「二十四項品格優勢心意卡」使用說明	36
English version	37-72
參考資料	73
附錄：「二十四項品格優勢心意卡」	74



# 序言

明愛家庭服務一向重視培養個人及家庭核心價值，我們亦確信價值觀念需要從小培養，過去多年，我們多個服務單位，均致力推動品格培育服務。承蒙香港賽馬會慈善信託基金的捐助，明愛家庭服務於二零二二年二月起，推行為期三年的明愛賽馬會「源·點」家校心靈支援服務，為中、小學學生、家長、老師及社區人士提供各樣小組及活動，以提升大眾對情緒的認識並學懂調節情緒的方法，以及發掘與了解自己的品格優勢與內在資源，最終達致強化個人抗逆能力及情緒盛載能力。

是次推出的應用手冊會集中在品格優勢這題材上，旨在向家庭推廣正向心理學中的二十四項品格優勢 (Character Strengths)，讓家長除了在理論部分增加對品格優勢的認識外，更能透過應用手冊當中的實用資料及資源在日常生活中實踐這套有成效的正向管教工具。我們更鼓勵家長可先將品格優勢應用於自己身上，當家長首先認識、發展和實踐自己的品格優勢，更有利於運用多角度均衡培育子女，並藉此促進親子關係及彼此的幸福感。現我們將經驗製成《品格優勢探索之旅 - 家長實踐應用手冊》，此手冊共分為兩部份，分別為（一）理論基礎篇及（二）應用實踐篇。內裡的工具是彙集同事在活動中所累積的實務經驗而成，能更貼近家長的需要。

我們相信在了解及善用自己品格優勢的過程中，會慢慢學懂如何調整自己的情緒，以面對不同挑戰及增加抗逆力。希望各位家長、社工及從事正向教育工作者在閱讀及運用本實用手冊時，可以從中得到啟發及善於應用品格優勢，共同為孩子的品格培育而努力。

林綺雲

香港明愛家庭服務總主任



明愛家庭服務總主任林綺雲女士、多間中小學校長及高級督導主任等嘉賓，在啟動儀式中展示「源·點」服務理念，象徵服務支援家校的身心靈健康

# 計劃介紹

## 背景

香港在過去數年飽受疫情影響，學生、家長及社會大眾面對許多的挑戰及需要適應各種新常態，情緒和精神健康因而大受困擾；同時人與人之間的關係亦因防疫措施而變得疏離。

香港明愛家庭服務喜獲香港賽馬會慈善信託基金捐助，由二零二二年二月一日起，於中、小學及社區開展為期三年的明愛賽馬會「源·點」家校心靈支援服務，我們希望透過活動、小組及個案服務等不同的介入手法，強化服務使用者面對逆境時的適應能力，並提升自我調節及盛載情緒的能力。

## 目標

我們期望透過本服務計劃可以：

- 提升大家對自己情緒的認識，學懂自我調節的方法；
- 可以重新連繫自己及家（他）人的關係，建立有效的支援網絡；
- 發掘自己的品格優勢與內在資源，強化大家面對逆境時的適應能力和盛載能力。

## 內容

- 入校活動及小組
- 中心活動及小組
- 專業培訓予從事助人行業的同工（老師、社工）
- 個案輔導（需致電預約並經社工評估是否適合）
- 社區諮詢服務
- 編印公眾教育單張及書刊

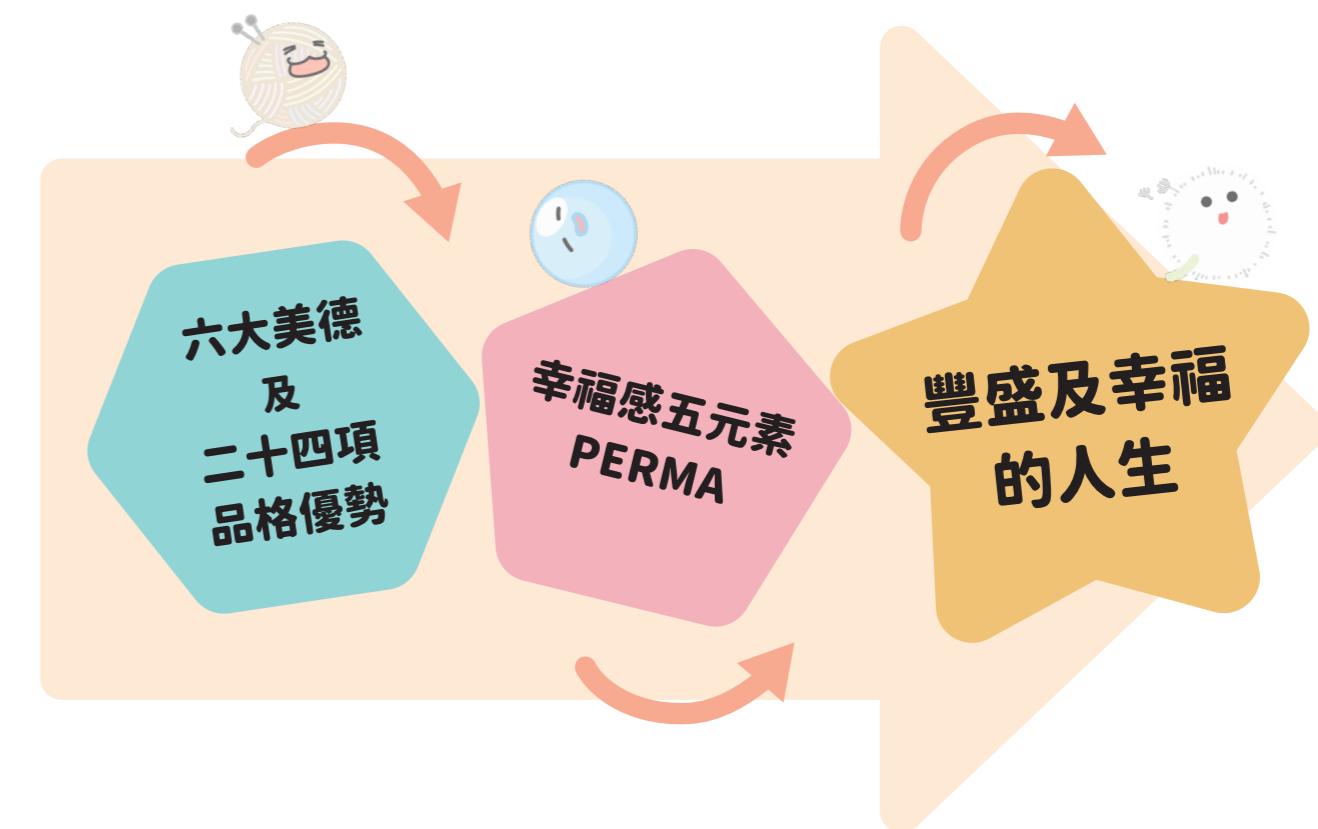


# 理論基礎篇

- 1) 正向心理學
- 2) 六大美德及二十四項品格優勢
- 3) 品格優勢量表簡介 - 品格優勢成人及青少年網上問卷
- 4) 幸福感五元素 - PERMA

## 正向心理學

美國著名心理學家馬丁·沙利文博士 (Dr. Martin Seligman) 在上世紀九十年代為心理學的研究揭開新的一页，以科學實證的方法去研究「正向心理學」(Positive Psychology)。馬丁·沙利文博士提出，當我們瞭解自己的品格優勢與美德，並加以有效運用和發揮時，我們就會感受到正面的情緒，一步一步的增加對生活的滿意度和幸福感，進而邁向豐盛及幸福的人生 (Snyder, Lopez, Pedrotti, 2015)。有關幸福感的正向人生，可以運用 PERMA 五個不同的向度展現，會於第 16-17 頁作簡單介紹。



# 美德和品格優勢

正向心理學重點研究六大美德 (Virtues)，並細分為二十四項品格優勢 (Character Strengths)，視他們為快樂人生的基石。

「品格優勢」代表每個人的正面素質，並影響著我們的思想、行為和感受。



<p>仁慈</p>	<p>對別人仁慈和寬宏大量；即使對那些認識不深的人，仍享受為他做好事、付出關心。</p>	
	<p>愛和被愛</p>	
	<p>社交智慧</p>	
<p>感恩</p>	<p>留意到發生在自己身上的好事，而從不會視之為理所當然；懂得感恩，常常向朋友和家人表達謝意。</p>	
	<p>希望</p>	
	<p>心靈信仰</p>	
<p>幽默感</p>	<p>對崇高的人生目的和宇宙意義有著強烈和貫徹的信念；由自己的信念塑造行為，也成為安慰之源。</p>	
	<p>對美欣賞</p>	
	<p>心靈信仰</p>	

美德	品格優勢	定義	美德	品格優勢	定義
 <b>勇氣</b> 所有協助克服恐懼的品格優勢均屬於勇氣美德。這些品格優勢可向內或外顯現於認知、情緒、意志和決策中。	 <b>毅力</b>  <b>勇敢</b>  <b>誠實</b>  <b>熱忱</b>	<p>努力完成自己開始的工作；無論什麼工作，都會盡力準時完成；不會在工作時分心，並在完成工作的過程中獲得滿足感。</p> <p>不會因困難而畏縮；根據自己的信念而行，即使遇到不同意的聲音，仍會堅持不屈不撓。</p> <p>誠實、說實話、以真誠真摯的態度生活；實際、不虛偽、真心。</p> <p>無論做什麼事，都懷著興奮的心情和幹勁；做事不會半途而廢或失去幹勁；認為生命是一場歷險。</p>	 <b>正義</b> 所有令生命公平的品格優勢，大多都是描述人際交往，包括人與人之間、與群體、與社區的最佳互動。	 <b>公平公正</b> <b>團隊精神</b>  <b>領導才能</b>	<p>堅守原則，對所有人公平；不會因為個人感情影響而作出有偏差的決定；給予每個人平等的機會。</p> <p>盡忠和致力於團隊，是一個稱職的隊員；經常完成自己的份內事，為團隊的成功而努力。</p> <p>在領導方面表現出色，會鼓勵組員完成工作，並使他們有歸屬感，維持團隊和諧；在策劃和實踐活動方面表現良好。</p>
 <b>自律</b> 自律美德的品格優勢可經練習所得，讓我們在沒有外界幫助下，都可以監察及管理個人的情緒、意志及行為。	 <b>謹慎</b>  <b>謙虛</b>  <b>寬恕</b>  <b>自我控制</b>	<p>做事小心、謹慎的作出選擇；不說一些自己將來會後悔的話或者做會後悔的事。</p> <p>不追求別人的注視，不炫耀自己的成就；被公認是一個謙遜的人，而自己並不自恃特別。</p> <p>寬恕對自己不好的人，經常給別人第二次機會；座右銘是慈悲而不是報復。</p> <p>自覺地規範自己的感覺與行為，達到有節制及自律的狀態，例如對自己的情緒或使用電子產品有自制能力，不會反被它們支配。</p>	 <b>智慧</b> 所有有關我們如何獲得和使用知識的品格優勢均屬於智慧美德。	 <b>好奇心</b>  <b>愛學習</b>  <b>洞察力</b>  <b>判斷力</b>  <b>創造力</b>	<p>對任何事物都感到好奇，經常發問並對所有話題均感到著迷；喜歡探索和發掘新事物。</p> <p>不論在課堂或自學，都喜愛學習新事物；喜愛上學、閱讀、參觀博物館和任何有機會學習的地方。</p> <p>能為別人提供有建設性的意見；以不同的角度去觀察事物；對這個世界的看法，對自己和別人來說都具有意義。</p> <p>能靈活變通、從多角度思考、考證事物而不會妄下結論，只會根據實際的證據做決定。</p> <p>能夠想出新的做事方法；如果有更好的方法，決不會滿足於用傳統方法去完成同樣的事情。</p>

## 品格優勢量表簡介 品格優勢成人及青少年網上問卷

品格優勢與技能、興趣或天賦等不同，因為它所反映的是我們最真實的自己，是我們最核心的價值 (Snyder, Lopez, Pedrotti, 2015)。

正向心理學相信每個人也擁有二十四項沒有高低之分的品格優勢 (Snyder, Lopez, Pedrotti, 2015)。一個人在成長的過程中或不同的處境下，會展現出不同的品格優勢，例如面對重大的挑戰時，需要勇敢和毅力；面對關心時，展現出愛與被愛和社交智慧可讓雙方的關係更進一步。

在教育子女時，家長先去瞭解自己的品格優勢，再去均衡培育子女的品格優勢，讓他們持續發展。過程中，子女會慢慢懂得調整自己的情緒，以面對不同挑戰及增加抗逆力。長遠來說，子女慢慢長大，如積極發展及善用自己突顯的品格優勢，快樂的情緒亦會相應增加 (Seligman, 2002)。

從二零零四年開始，有不同學者研究品格優勢與青少年身心成長的關聯，如熱愛學習的男生在性行為和藥物濫用上較能克制；而謹慎和自我控制對兩性親密界線有關 (Ma et al., 2008)。

又如具有希望、熱枕和領導才能之品格優勢的青少年，比較不會出現抑鬱及焦慮等精神健康問題；青少年如建立好某些品格優勢可以使他們增加抗逆力，作為對抗青少年階段遇到的成長問題之重要策略。研究也顯示品格優勢與學習成就有關聯，如毅力、愛與被愛、感恩、希望等，可以預測中學生與大學生的學習成就：控制智力 (IQ) 變因後，毅力、公平公正、感恩、誠實、希望以及洞察力等，可以預測大學生的成績 (GPA)。這個發現的重要意義是：非智力因素 — 品格優勢也會影響學習成就 (Park & Peterson, 2009)。

品格優勢架構雖然仍在持續發展與修訂中，但是相關研究也顯示，藉由個人美德與品格優勢的提升，可助益子女成長更臻美好。所以，讓子女確認自己的美德與品格優勢，並在學習和生活中加以發揮，這是成長中追求美好生活的有效方法之一。

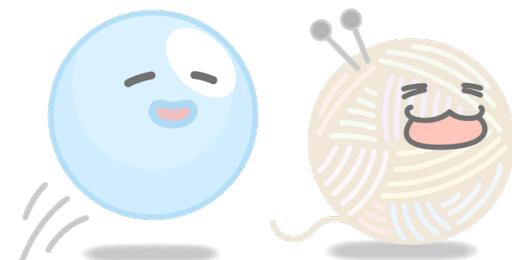
美國 Mayerson 基金會的「價值行動」 (The Values in Action，簡稱 VIA) 機構，從二零零零年起致力發展人的正向態度。由著名心理學家馬丁·沙利文博士 (Dr. Martin Seligman) 和克里斯托弗·彼得森博士 (Dr. Christopher Peterson) 率領研究團隊投入品格優勢的分類研究，並出版“Character Strengths and Virtues: A Handbook and Classification”一書 (Peterson & Seligman, 2004)；研究團隊並於二零零四年發展出「價值行動量表」 (Values in Action Inventory of Strengths，簡稱 "VIA-IS" )，其後由資深科學家羅伯特·麥格拉思博士 (Dr. Robert McGrath) 作出修訂，是一項經過科學驗證用來測量個人美德與品格優勢的問卷。

現在品格優勢問卷分成人 (VIA Adult Survey) 和 8-17 歲的青少年可以使用的青少年版本 (VIA Survey for Youth)，問卷採用李克式 (Likert Scale Questions) 五點評量 (從 5 分「非常像我」，到 1 分「一點都不像我」) 填答。研究結果發現，有良好的信度 (內部一致性  $\alpha$  超過 .70) 與建構效度，二十四項品格優勢相隔六個月的重測信度良好 (相關超過 .45) (Snyder & Lopez, 2007)。問卷已多次用於過往之研究項目，並沒有產生任何形式之不安或潛在危險。填寫問卷大約需時二十到三十分鐘，完成後可即時得到二十四項品格優勢的排序。

解讀二十四項品格優勢的排序如下：

- 排名最高的五項是「突顯品格優勢」，很大機會是最能代表「真實和核心的你」的品格優勢；
- 排名第六至十八項是「中游的品格優勢」，它們不像突顯品格優勢般重要，但這些品格優勢很大機會與你有些相似，在有需要時仍會為你所用；
- 排名第十九至二十四項是「其他品格優勢」，它們不是你的弱點，只是在大部份時間對你不太吸引。
- 這裏要再強調二十四項品格優勢並非沒有缺點或負面問題，而是一組發展良好的正向特質，也是幫助個人思考與行動的心理運作歷程 (McCullough & Snyder, 2011)。

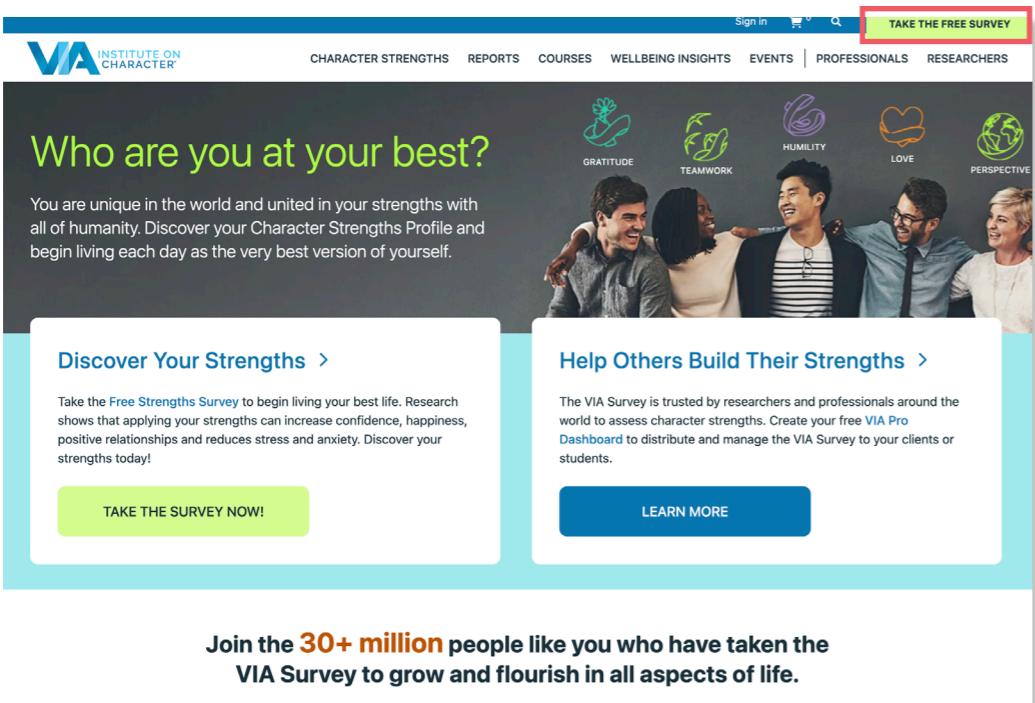
每個人的擅長之處各有不同，家長先瞭解自己及子女的獨特性，才能更有效發揮自己與子女的潛能。品格優勢亦如學習運動一樣，不論在任何年紀，亦可以經練習而得以熟能生巧。家長亦可多覺察自己及子女在日常生活中，會否將品格優勢恰當地平衡善用、誤用 (Misuse)、過度使用 (Overuse) 及未被充分利用 (Underuse)。



# 品格優勢問卷填寫流程

1. 登錄 <http://www.viacharacter.org/>

2. 按右上角「Take the Free Survey ( 參加免費調查 )」。



Who are you at your best?

You are unique in the world and united in your strengths with all of humanity. Discover your Character Strengths Profile and begin living each day as the very best version of yourself.

**Discover Your Strengths** >

Take the **Free Strengths Survey** to begin living your best life. Research shows that applying your strengths can increase confidence, happiness, positive relationships and reduces stress and anxiety. Discover your strengths today!

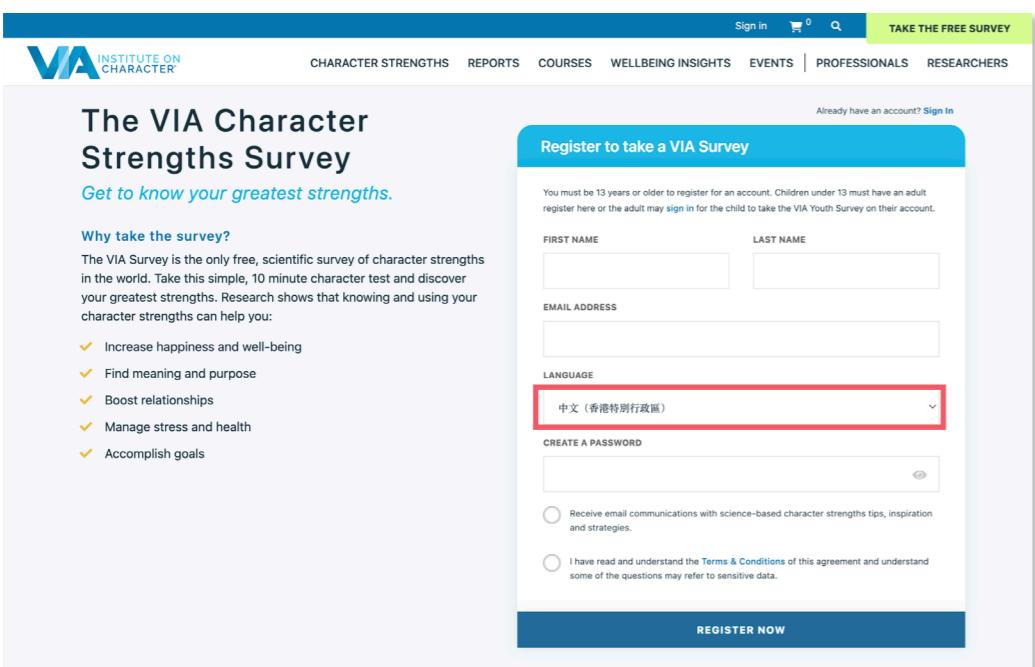
**Help Others Build Their Strengths** >

The VIA Survey is trusted by researchers and professionals around the world to assess character strengths. Create your free **VIA Pro Dashboard** to distribute and manage the VIA Survey to your clients or students.

**TAKE THE SURVEY NOW!**

**Join the 30+ million people like you who have taken the VIA Survey to grow and flourish in all aspects of life.**

3. 註冊帳號 ( 填寫姓名、電郵、揀選語言及建立密碼 )。



**The VIA Character Strengths Survey**

*Get to know your greatest strengths.*

**Why take the survey?**

The VIA Survey is the only free, scientific survey of character strengths in the world. Take this simple, 10 minute character test and discover your greatest strengths. Research shows that knowing and using your character strengths can help you:

- ✓ Increase happiness and well-being
- ✓ Find meaning and purpose
- ✓ Boost relationships
- ✓ Manage stress and health
- ✓ Accomplish goals

**Register to take a VIA Survey**

You must be 13 years or older to register for an account. Children under 13 must have an adult register here or the adult may sign in for the child to take the VIA Youth Survey on their account.

**Already have an account? Sign In**

**First Name** **Last Name**

**EMAIL ADDRESS**

**LANGUAGE** **中文 (香港特別行政區)**

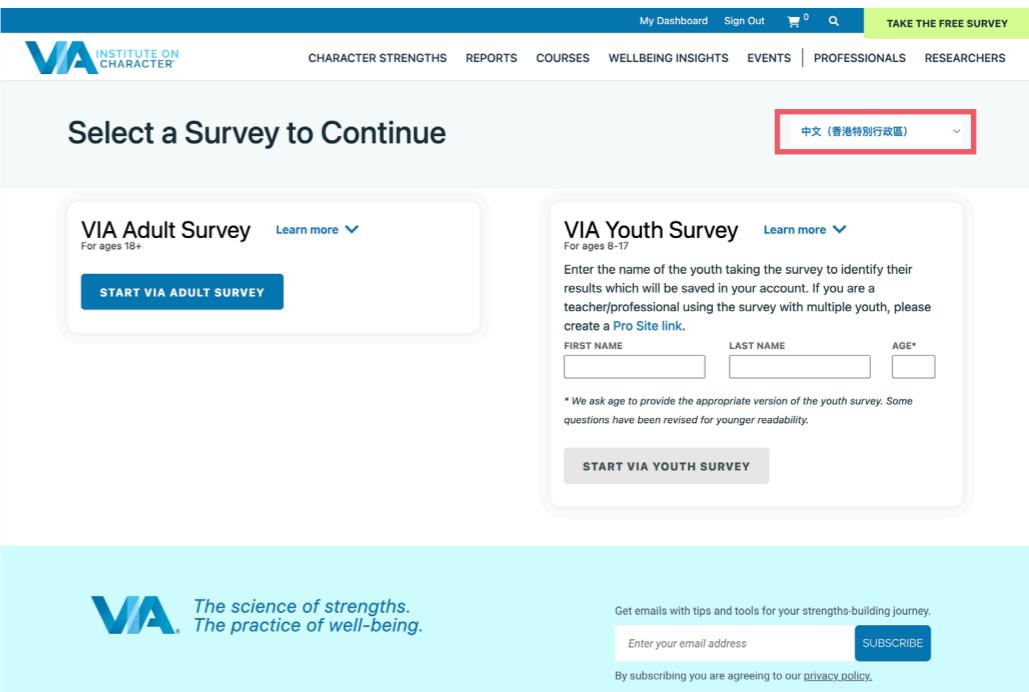
**CREATE A PASSWORD**

Receive email communications with science-based character strengths tips, inspiration and strategies.

I have read and understand the [Terms & Conditions](#) of this agreement and understand some of the questions may refer to sensitive data.

**REGISTER NOW**

4. 選擇要進行「VIA 成人調查」還是「VIA 青年調查」，然後選擇語言。



**Select a Survey to Continue**

**VIA Adult Survey** Learn more For ages 18+

**START VIA ADULT SURVEY**

**VIA Youth Survey** Learn more For ages 8-17

Enter the name of the youth taking the survey to identify their results which will be saved in your account. If you are a teacher/professional using the survey with multiple youth, please create a [Site link](#).

**FIRST NAME** **LAST NAME** **AGE\***

\* We ask age to provide the appropriate version of the youth survey. Some questions have been revised for younger readability.

**START VIA YOUTH SURVEY**

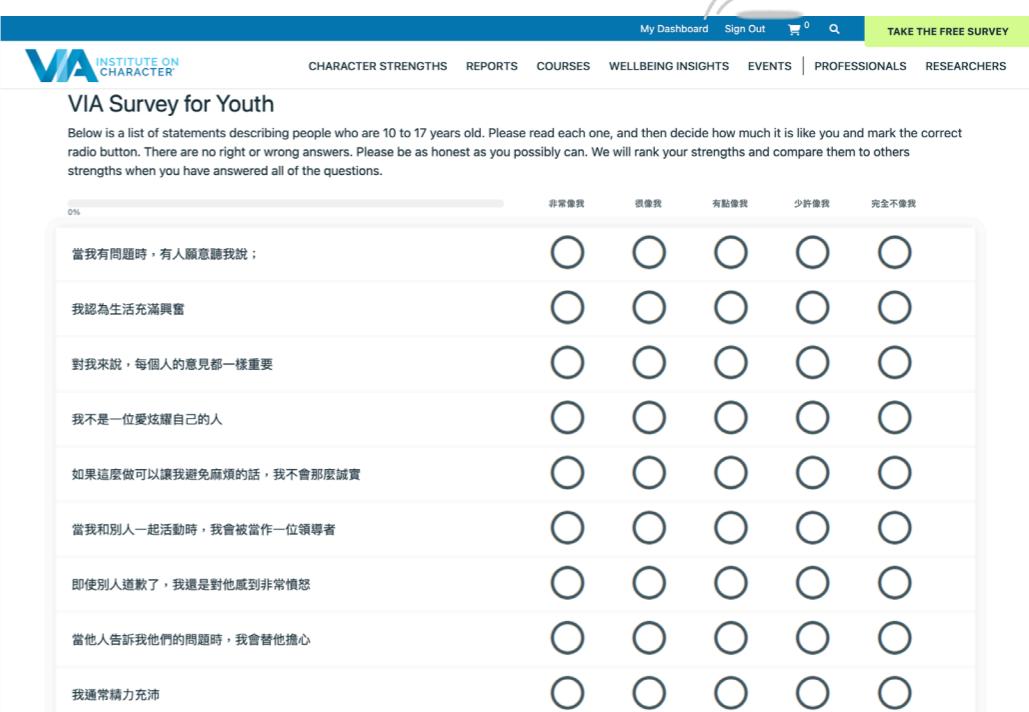
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5. 開始填寫品格優勢測試！



**VIA Survey for Youth**

Below is a list of statements describing people who are 10 to 17 years old. Please read each one, and then decide how much it is like you and mark the correct radio button. There are no right or wrong answers. Please be as honest as you possibly can. We will rank your strengths and compare them to others strengths when you have answered all of the questions.

**0%**

	非常像我	很像我	有點像我	少許像我	完全不像我
當我有問題時，有人願意聽我說；	<input type="radio"/>				
我認為生活充滿興奮；	<input type="radio"/>				
對我來說，每個人的意見都一樣重要；	<input type="radio"/>				
我不是一位愛炫耀自己的人；	<input type="radio"/>				
如果這麼做可以讓我避免麻煩的話，我不會那麼誠實；	<input type="radio"/>				
當我和別人一起活動時，我會被當作一位領導者；	<input type="radio"/>				
即使別人道歉了，我還是對他感到非常憤怒；	<input type="radio"/>				
當他人告訴我他們的問題時，我會替他擔心；	<input type="radio"/>				
我通常精力充沛；	<input type="radio"/>				

6. 填好所有問題後，就會出現你排名第一位的品格優勢，然後拉到該頁面底部，按「Free Results UNLOCK THIS」，以獲取你二十四項品格優勢的排名列表。

往下 ↓ 拉到頁面底

往下 ↓ 拉到頁面底

7. 版面會出現你的二十四項品格優勢排名列表，如欲下載列表結果的 PDF 版本，可再拉到頁面下方，按「SAVE AS PDF」下載 PDF 版本。

往下 ↓ 拉到頁面底

\* 註：填寫流程以網頁 <http://www.viacharacter.org/> 最新版本為準

# 幸福感五元素 – PERMA

PERMA 是幸福感和邁向正向人生的五大途徑 (Seligman, 2011 ; Snyder, Lopez, Pedrotti, 2015) ,  
包括：



## 正向情緒 (Positive Emotion)

正面的情緒包括：愉悅、欣喜、窩心、舒適的感受等 (Seligman, 2011) , 這些情緒讓人體驗到愉快的生活。培養對將來抱有希望、積極面對的態度，對現在全心投入，又不會沉溺在過去的得失，活在當下。

## 全情投入 (Engagement)

全心投入在某種活動，可以令人有享受、充實感和興奮感覺的正面情緒，並且在建立人生意義有很重要的角色。全情投入是可以培養的，協助子女訂立明確而有挑戰性的目標，又符合其能力，讓子女覺得是可掌控而又適合自己的目標，不會因過易而感沉悶，又不會因過難而感焦慮、擔心和質疑自己能否完成。恰當的目標能有助子女有動力和動機去全情投入，並能達到「神馳 / 心流」(Flow)，即享受和忘我的狀態。

## 正向人際關係 (Positive Relationship)

建立正面的人際關係，包括朋輩、師長和家庭的關係。人際間的歸屬感及接納感是人的基本心理需要，子女若能得到朋友、師長和家庭的關愛和支持，有助情緒管理能力的發展。

## 人生意義 (Meaning)

有意義的生命是指擁有一些比「自我」更重要的信念，並為此作出服務或行為，例如：宗教、家庭、可持續發展的綠色生活 (Seligman, 2011)。建立生活短期和長期的目標，尋找生命意義。

## 成就感 (Accomplishment)

成就感是透過努力，實現有意義的目標，是追求卓越的推動力，也帶來自尊感和自我效能感的提升。建立成就感，這必須要瞭解自己的品格優勢，並於日常生活中加以發揮和應用，加上身邊人的鼓勵和肯定，便能提升子女的自我效能感和成就感。

若家長能對自己及子女的品格優勢加以覺察，便能協助子女發掘屬於他們自己的品格優勢，陪伴他們在成長不同的階段運用品格優勢訂立人生目標，正向發展至豐盛的人生。

# 實踐應用篇

- 1) 「品格優勢目標」工作紙
- 2) 「我的十大成就」工作紙
- 3) 「我的成長樹」工作紙
- 4) 「品格優勢感恩手帳本」使用說明
- 5) 「二十四項品格優勢心意卡」使用說明

## 活動一：「品格優勢目標」工作紙

嘗試用「S.M.A.R.T.」訂立目標的原則，為自己及子女訂立不同生活範疇的小目標，並在當中運用品格優勢實行，增加生活幸福感！



### 「品格優勢目標」工作紙〔子女例子〕

實行者姓名：陳大文

預計實行目標時間：9 月至 12 月

應用範疇	我的五大突顯品格優勢				
	1. 誠實	2. 自我控制	3. 勇敢	4. 毅力	5. 創造力
學業 / 工作	目標： (明確的、可衡量的、可達成的、相關的、有時限的) <b>我在期末考試中，英文科能進步 10 分。</b>				
	可以運用以下品格優勢達成目標： <b>創造力</b> – 它可以令我想出有趣的方法去背誦英文詞彙。 <b>自我控制</b> – 它可以控制我不玩遊戲和專注於我的工作。				
	預計結果及完成後的獎勵： <b>期末考試中，英文科能進步 10 分。</b> <b>與家人商量到一間未到過的餐廳吃晚餐。</b>				
個人興趣 / 課外活動	目標： (明確的、可衡量的、可達成的、相關的、有時限的) <b>在下學期通過田徑隊選拔，成為田徑隊的成員。</b>				
	可以運用以下品格優勢達成目標： <b>毅力</b> – 多參與田徑隊的活動及訓練。 <b>勇敢</b> – 詢問老師及同學相關資料及如何為選拔預備。				
	預計結果及完成後的獎勵： <b>在下學期通過田徑隊選拔，成為田徑隊的成員。</b> <b>與家人商量儲零用錢購買新跑鞋。</b>				

家庭 / 朋友	<p>目標： ( 明確的、可衡量的、可達成的、相關的、有時限的 )</p> <p>在未來一個月，每星期最少一次能平靜地向家人表達自己的感受。</p>		
	<p>可以運用以下品格優勢達成目標：</p> <p>誠實：誠實地接納自己內心感受，並嘗試告訴別人。</p> <p>自我控制：在衝動反應前，嘗試控制自己， 停一停，想一想，再作回應。</p>		
	<p>預計結果及完成後的獎勵：</p> <p>每星期最少一次能平靜地向家人表達自己的感受。 與家人商量可以進行一個喜愛的親子活動。</p>		
其他： <u>使用電子產品</u>	<p>目標： ( 明確的、可衡量的、可達成的、相關的、有時限的 )</p> <p>在未來一個月，每天使用電子產品少於三個小時。</p>		
	<p>使用的突顯及輔助品格優勢：</p> <p>自我控制 – 控制使用電子產品的時間。 熱忱 – 相約好朋友外出運動， 以減少逗留在家玩電子產品的時間。</p>		
	<p>預計結果及完成後的獎勵：</p> <p>每天使用電子產品少於三個小時。 與家人商量到一個未去過的地方遊覽。</p>		
實行者簽署	<u>陳大文</u>	見證人簽署	<u>陳一君</u>
實行者姓名	<u>陳大文</u>	見證人姓名	<u>陳一君</u>
日期	<u>21-12-2023</u>	日期	<u>21-12-2023</u>

發揮品格優勢於日常生活中，增加生活幸福感！

應用範疇	我的五大突顯品格優勢				
	1.	2.	3.	4.	5.
	學業 / 工作	<p>目標： ( 明確的、可衡量的、可達成的、相關的、有時限的 )</p> <p>可以運用以下品格優勢達成目標：</p>			
個人興趣 / 課外活動	<p>預計結果及完成後的獎勵：</p>				
	<p>目標： ( 明確的、可衡量的、可達成的、相關的、有時限的 )</p> <p>可以運用以下品格優勢達成目標：</p>				
	<p>預計結果及完成後的獎勵：</p>				

家庭 / 朋友	目標： (明確的、可衡量的、可達成的、相關的、有時限的)
	可以運用以下品格優勢達成目標：
	預計結果及完成後的獎勵：
其他： _____	目標： (明確的、可衡量的、可達成的、相關的、有時限的)
	使用的突顯及輔助品格優勢：
	預計結果及完成後的獎勵：

實行者簽署 \_\_\_\_\_

見證人簽署 \_\_\_\_\_

實行者姓名 \_\_\_\_\_

見證人姓名 \_\_\_\_\_

日期 \_\_\_\_\_

日期 \_\_\_\_\_

品格優勢目標工作紙〔子女〕	
應用範疇	實行者姓名：_____
	預計實行目標時間：_____ 月至 _____ 月
學業 / 工作	我的五大突顯品格優勢
	1. _____ 2. _____ 3. _____ 4. _____ 5. _____
	目標： (明確的、可衡量的、可達成的、相關的、有時限的)
個人興趣 / 課外活動	可以運用以下品格優勢達成目標：
	預計結果及完成後的獎勵：
	目標： (明確的、可衡量的、可達成的、相關的、有時限的)
預計結果及完成後的獎勵：	可以運用以下品格優勢達成目標：
	預計結果及完成後的獎勵：
	目標： (明確的、可衡量的、可達成的、相關的、有時限的)
日期 _____	可以運用以下品格優勢達成目標：
	預計結果及完成後的獎勵：
	目標： (明確的、可衡量的、可達成的、相關的、有時限的)

家庭 / 朋友	目標： (明確的、可衡量的、可達成的、相關的、有時限的)
	可以運用以下品格優勢達成目標：
	預計結果及完成後的獎勵：
其他：	目標： (明確的、可衡量的、可達成的、相關的、有時限的)
	使用的突顯及輔助品格優勢：
	預計結果及完成後的獎勵：
實行者簽署 _____	見證人簽署 _____
實行者姓名 _____	見證人姓名 _____
日期 _____	日期 _____

## 活動二：「我的十大成就」工作紙

由出生到現在，我們每天都在經歷生活中不同的挑戰，並在當中不斷成長！正向心理學相信，一個人在成長的過程中或不同的處境下，會展現出不同的品格優勢，例如面對困難時，能展現出勇敢和毅力〔 Snyder, Lopez, Pedrotti, 2015 〕。邀請你在獎盃上寫上自己及子女的十個成就，並回顧在過程中展現了甚麼品格優勢。



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## 「我的十大成就」工作紙〔家長〕

的十大成就



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## 「我的十大成就」工作紙〔子女〕

的十大成就



每個人都有閃閃發亮的地方，值得被肯定及欣賞！

## 活動三：「我的成長樹」工作紙

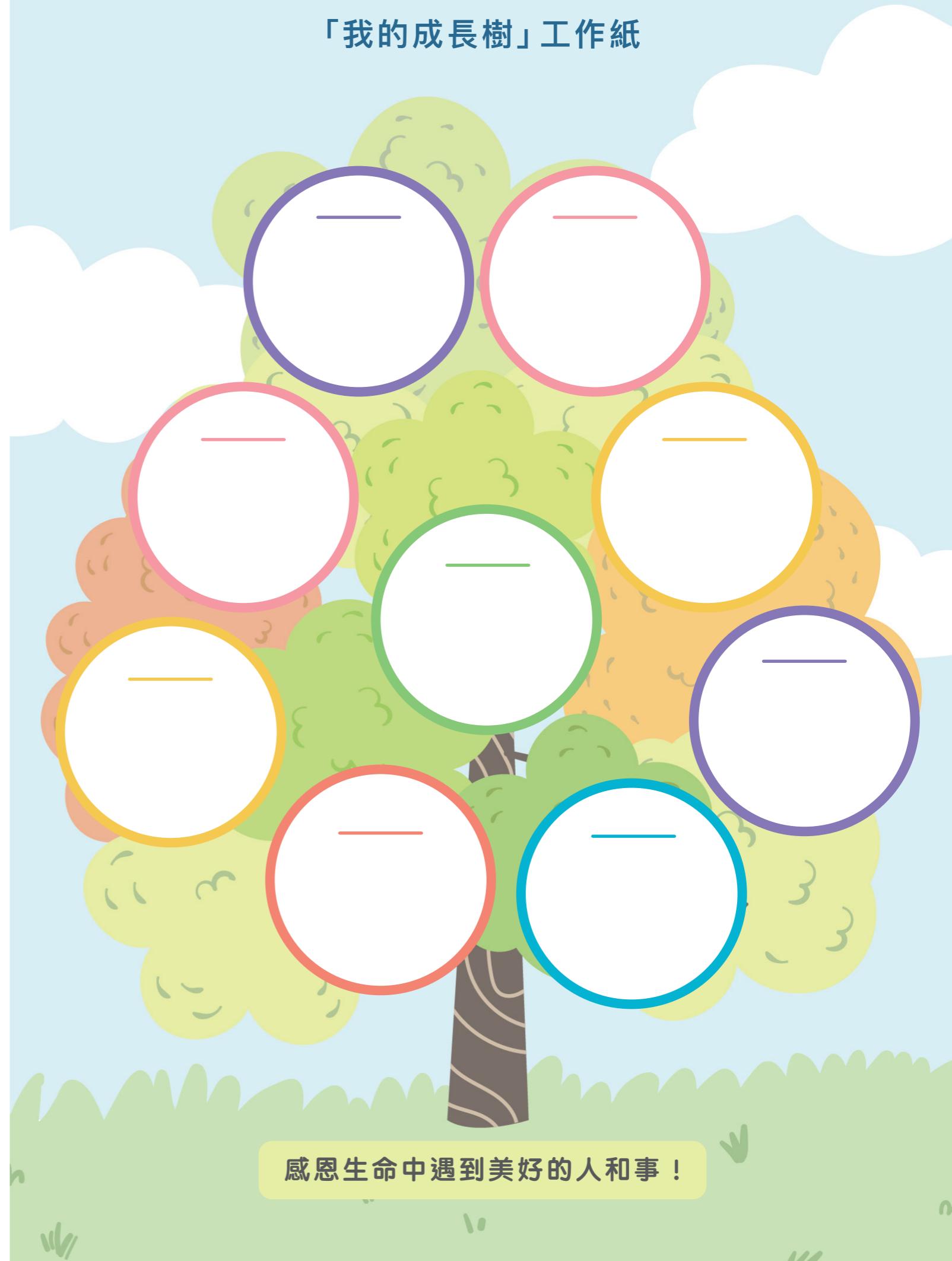
在生命旅途上，我們遇到不同的人陪伴我們成長，例如你的家人、親友、朋友、老師等。試回顧生命中曾支持鼓勵你的八個人，並在下圖寫上他們的品格優勢，藉此細味及感恩他們如何影響你的成長！



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## 「我的成長樹」工作紙



感恩生命中遇到美好的人和事！

# 「品格優勢感恩手帳本」使用說明

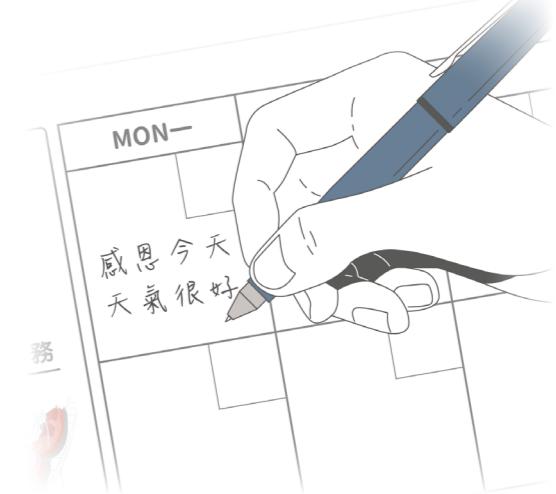
我們每天生活都忙著處理不同大小事務，未必有時間記下每天生活中值得感恩及自豪的片段。鼓勵大家每天使用 5 分鐘的時間，在「品格優勢感恩手帳本」記錄生活的一點一滴，你將會發現許多生命美麗之處、及自己和身邊人美好的地方！

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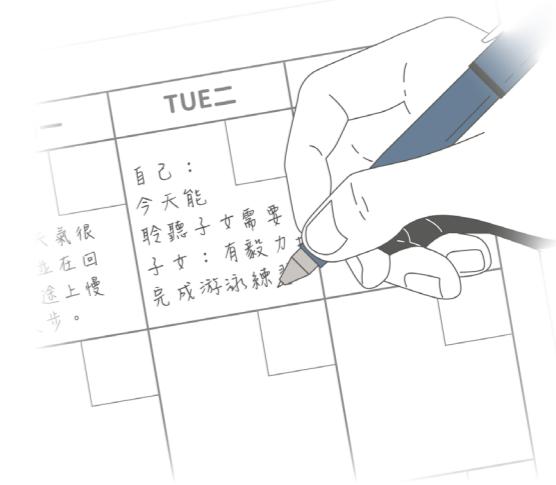
## 用途一

在日曆格上記錄每天自己感恩的事情。



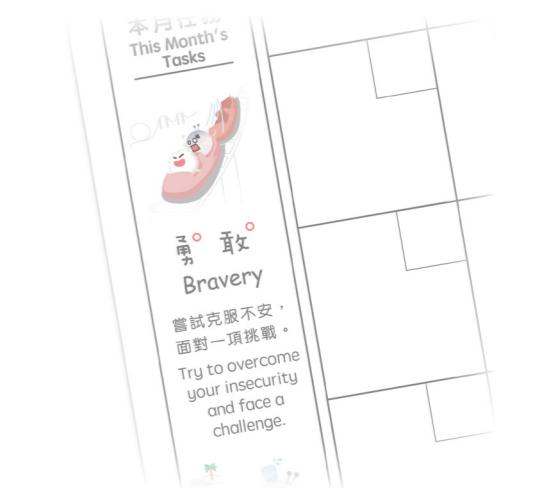
## 用途二

在日曆格上記錄每天自己自豪的小成就、自己及家人發揮了的品格優勢。



## 用途三

完成「每月小任務」，在日常生活當中實踐及鍛鍊自己的品格優勢。



一切並不是理所當然，好好記錄生命美麗之處！

# 「二十四項品格優勢心意卡」使用說明

「二十四項品格優勢心意卡」（見附錄, p.74）旨在讓大家透過卡上的圖案及句子，能給予自己空間回顧過往發生的美好事情，欣賞自己的品格優勢，並可貼在家中或工作地方來提醒自己。此外，你可以將卡作為心意卡，寫上對別人的感受並贈予對方，表達你的謝意及欣賞。



## 用途一

### 回顧自己的美好

讓我們花一點點時間，聚焦在自己身上，細味及欣賞自己發揮品格優勢的時刻。



## 用途二

### 作為心意卡送給自己或別人

你可以揀選品格優勢卡，在背後寫上對自己或別人的祝福及提醒！



欣賞自己的美好，亦將祝福及謝意傳遞給身邊人！

# Table of Content

Table of Content	37
Preface	38
Project Introduction	39
<b>I. Theoretical Basis</b>	40-53
Positive Psychology	41
Virtues and Character Strengths	42-46
Introduction to Character Strengths Online Survey	47-51
The Five Elements of Well-being – PERMA	52-53
<b>II. Practical Application</b>	54-72
Activity 1: "Character Strengths Goals" Worksheet	55-60
Activity 2: "My Top Ten Achievements" Worksheet	61-66
Activity 3: "My Growth Tree" Worksheet	67-70
Instructions for Using the "Character Strengths Gratitude Journal"	71
Instructions for Using the "Twenty-Four Character Strengths Appreciation Cards"	72
References	73
Appendix: "Twenty-Four Character Strengths Appreciation Cards"	74



# Preface

Caritas Family Service has always placed great importance on fostering the core values of individuals and families. We firmly believe that instilling values should commence from early childhood. Over the years, many of our service units have been dedicated to promoting character development services. With the generous support from The Hong Kong Jockey Club Charities Trust, Caritas Family Service launched the three-year **Caritas Jockey Club Project on Family Solidarity and Mental Wellness** in February 2022. This initiative aims to provide various groups and activities for primary and secondary school students, parents, teachers, and community members. Its goal is to enhance public understanding of emotions, teach emotional regulation skills, explore and understand one's character strengths and inner resources, and ultimately strengthen individual resilience and emotional well-being.

This handbook specifically focuses on the topic of Character Strengths, with the aim of promoting the twenty-four Character Strengths outlined in Positive Psychology to families. In addition to enhancing understanding of character strengths in the theoretical section, parents can also apply this effective positive parenting tool in their daily lives using the practical information and resources provided. We encourage parents to first apply character strengths to themselves. By recognising, developing, and practising their own character strengths, parents can better nurture their children from multiple perspectives, thereby enhancing the parent-child relationship and mutual well-being.

We have consolidated our experiences into the "Exploration of Character Strengths - Handbook for Parental Practice and Application". This handbook is divided into two parts: (I) Theoretical Basis and (II) Practical Application. The tools provided are based on the practical experience accumulated by our colleagues during the Project, ensuring they better meet the needs of parents.

We believe that through understanding and utilising one's character strengths, individuals can gradually learn how to regulate their emotions to face different challenges and increase resilience. We hope that parents, social workers, and practitioners involved in positive education will be inspired and proficient in applying character strengths when reading and using this practical handbook. Together, let's work towards the character development of our children.

Eliza Lam

Head of Family Service, Caritas Hong Kong



Ms. Eliza Lam, Head of Family Service, along with Principals from several primary and secondary schools and our senior school social work supervisors, demonstrated the Project's service concept at the kick-off ceremony, symbolising our service supports the well-being of students, parents, teachers and the communities.

# Project Introduction

## Background

In recent years, Hong Kong has been profoundly impacted by the pandemic, leading to numerous challenges for students, parents, and the general public as they navigate the adjustments to new norms. This period has significantly impacted emotional and mental well-being, and preventive measures have contributed to a sense of distance in interpersonal relationships.

Caritas Family Service is grateful to The Hong Kong Jockey Club Charities Trust for their generous donation, enabling the launch of the **Caritas Jockey Club Project on Family Solidarity and Mental Wellness** for three years from February 1, 2022, in primary and secondary schools and communities. Our aim is to bolster the resilience of service users in facing adversity and to empower them with skills for self-regulation and emotional management through diverse intervention approaches, including activities, group sessions, and individual services.

## Objectives

Through this project, we aspire to achieve the following:

- Increase awareness of emotions and cultivate skills for self-regulation among participants.
- Foster reconnection with oneself and family members, establishing robust support networks.
- Identify and harness individual character strengths and inner resources to enhance adaptability and resilience in challenging circumstances.

## Content

- School-based activities and group sessions
- Centre-based activities and group sessions
- Professional training for colleagues in the helping professions (teachers, social workers)
- Individual counselling services (by appointment and assessment by social workers)
- Consultation services
- Printing of public education leaflets and books

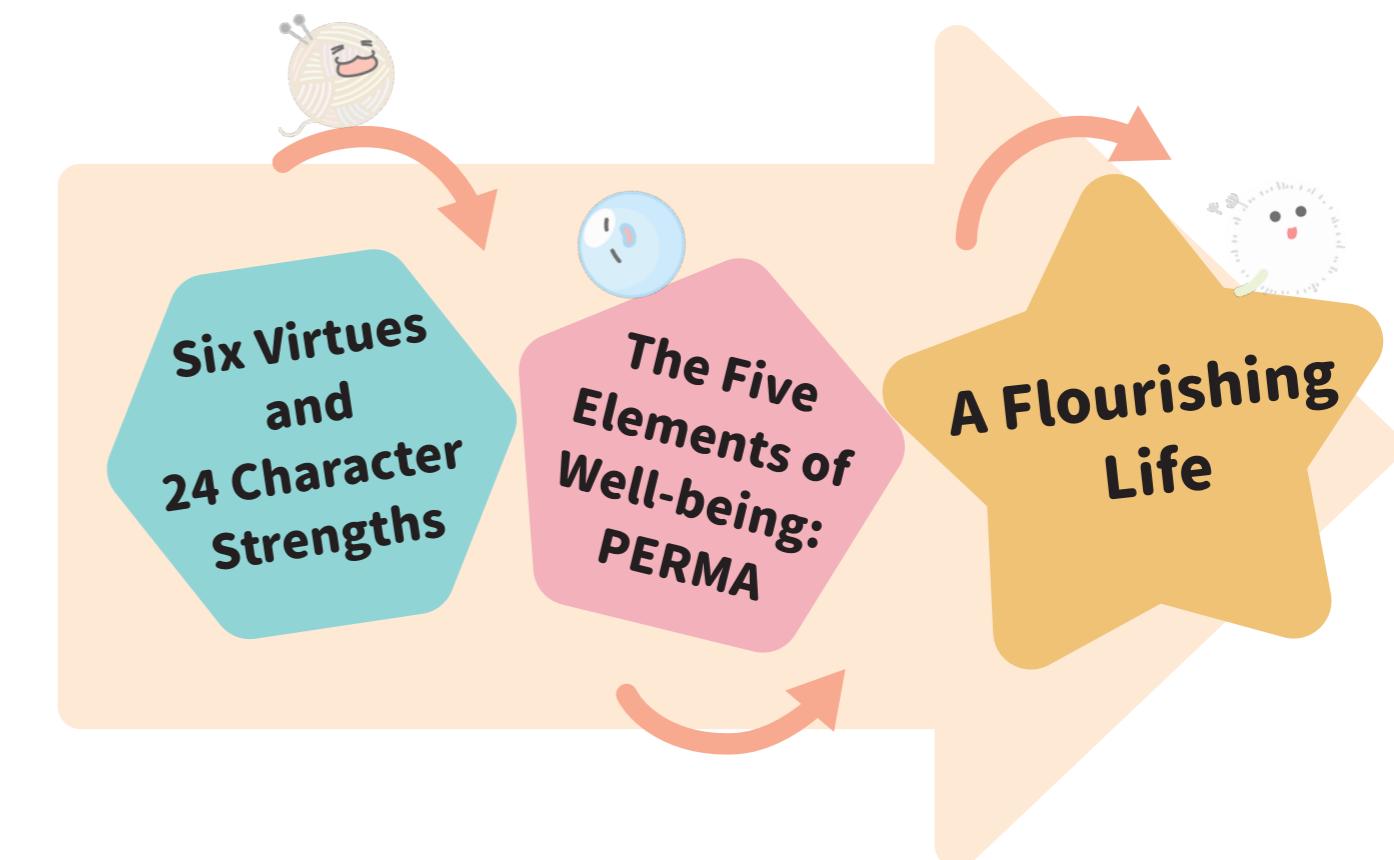


# Theoretical Basis

- 1) Positive Psychology
- 2) The Six Virtues and the Twenty-Four Character Strengths
- 3) Introduction to Character Strengths Scale - VIA Character Strengths Adults/Youth Online Survey
- 4) The Five Elements of Well-being - PERMA

# Positive Psychology

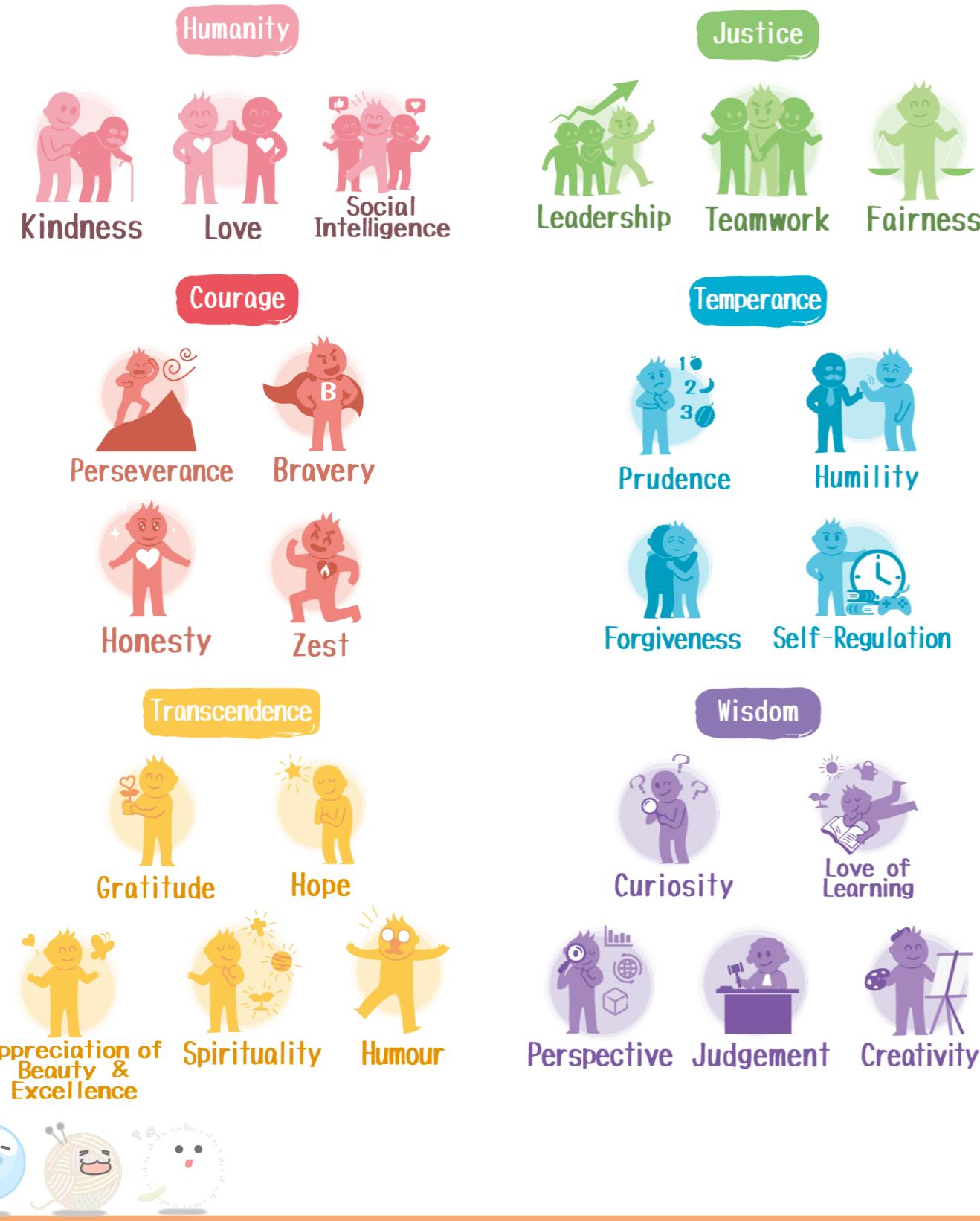
In the 1990s, esteemed American psychologist Dr. Martin Seligman pioneered a new era in psychological research by introducing a scientific approach to Positive Psychology. Dr. Seligman proposed that by comprehending and effectively utilising our character strengths and virtues, we can evoke positive emotions, gradually enhancing our overall satisfaction and happiness in life, ultimately leading to a more enriching and fulfilling existence (Snyder, Lopez, Pedrotti, 2015). The concept of happiness and a positive life can be exemplified through five distinct dimensions of PERMA, which will be briefly introduced on pages 52-53.



# Virtues and Character Strengths

Positive psychology delves into the examination of six virtues, categorizing them into twenty-four character strengths, identifying them as fundamental pillars of a fulfilling life.

"Character Strengths" embody the affirmative attributes of every individual, shaping our thoughts, actions, and emotions.



Virtue	Character Strength	Definition
Humanity	Kindness, Love, Social Intelligence	Being kind and generous to others; enjoying doing good deeds and showing concern for others, even to those who are not well known.
Justice	Leadership, Teamwork, Fairness	Valuing intimate relationships with others, especially those who share and care for each other; those who make you feel most intimate can also feel the intimacy you return.
Temperance	Prudence, Humility, Forgiveness, Self-Regulation	Being able to understand others' motives and feelings; knowing what behaviours are appropriate in different social situations; being able to make others feel comfortable.
Wisdom	Curiosity, Love of Learning, Creativity	
Courage	Perseverance, Bravery, Honesty, Zest	
Transcendence	Gratitude, Hope, Spirituality, Humour, Appreciation of Beauty & Excellence	

Virtue	Character Strength	Definition	Virtue	Character Strength	Definition
<b>Courage</b>  All character strengths that help to overcome fear belong to the virtue of courage. These character strengths can manifest themselves internally or externally in cognition, emotion, willpower, and decision-making.	 <b>Perseverance</b>	Striving to complete tasks initiated; finishing work on time regardless of the nature of the task; staying focused during tasks and feeling satisfied in the process of completion.	<b>Justice</b>  All character strengths that contribute to fairness in life, mostly describing interpersonal interactions, including the best interactions between individuals, groups, and communities.	 <b>Fairness</b>	Adhering to principles, treating everyone fairly; not making biased decisions due to personal feelings; giving everyone equal opportunities.
	 <b>Bravery</b>	Not backing down in the face of difficulties; acting according to one's beliefs, persisting even when confronted with dissenting voices.		 <b>Teamwork</b>	Loyally and actively participating in the team, being a competent team member; often completing one's own tasks and striving for the team's success.
	 <b>Honesty</b>	Being honest, truthful, and genuine in one's actions and attitude; being practical, unpretentious, and sincere.		 <b>Leadership</b>	Excelling in leadership, encouraging team members to complete tasks and making them feel belonging, maintaining team harmony; performing well in planning and implementing activities.
	 <b>Zest</b>	Approaching tasks with excitement and enthusiasm; not giving up or losing enthusiasm in completing tasks; viewing life as an adventure.		 <b>Curiosity</b>	Being curious about everything, always asking questions, and being fascinated by all topics; enjoying exploring and discovering new things.
<b>Temperance</b>  The character strengths of the virtue of temperance can be developed through practice, allowing us to monitor and manage our emotions, willpower, and behaviours without external assistance.	 <b>Prudence</b>	Being careful and deliberate in making choices; avoiding saying or doing things that one will regret in the future.	<b>Wisdom</b>  All character strengths regarding how we acquire and use knowledge belong to the virtue of wisdom.	 <b>Love of Learning</b>	Enjoying learning new things whether in class or self-study; enjoying going to school, reading, visiting museums, and any place where there is an opportunity to learn.
	 <b>Humility</b>	Not seeking attention from others, not boasting about one's achievements; being recognised as a humble person without self-importance.		 <b>Perspective</b>	Being able to provide constructive opinions to others; observing things from different perspectives; having views on the world that are meaningful to oneself and others.
	 <b>Forgiveness</b>	Forgiving those who treat you badly, often giving others a second chance; believing in compassion rather than revenge.		 <b>Judgement</b>	Being flexible, thinking from multiple perspectives, researching things without jumping to conclusions, and making decisions based only on actual evidence.
	 <b>Self-Regulation</b>	Consciously regulating one's feelings and behaviours, achieving a state of moderation and self-discipline, such as having control over one's emotions or the use of electronic devices, and not be dominated by them.		 <b>Creativity</b>	Being able to think of new ways of doing things; never being satisfied with traditional ways of accomplishing the same thing if there is a better way to do it.

## Introduction to Character Strengths Scale VIA Character Strengths Adults/Youth Online Survey

Character strengths differ from skills, interests, or talents because they reflect our most authentic selves and our fundamental values (Snyder, Lopez, Pedrotti, 2015).

According to positive psychology, everyone possesses twenty-four character strengths indiscriminately (Snyder, Lopez, Pedrotti, 2015). As individuals mature or encounter diverse situations, they manifest different character strengths, such as bravery and perseverance in confronting significant challenges, and demonstrating love and social intelligence in caregiving, thereby nurturing deeper relationships.

In the process of educating their children, parents should initially comprehend their own character strengths, then foster their children's character strengths in a balanced manner to facilitate continual growth. Through this process, children gradually learn to regulate their emotions to confront various challenges and bolster their resilience. Ultimately, as children actively cultivate and effectively employ their prominent character strengths, their sense of happiness proportionately increases (Seligman, 2002).

Since 2004, numerous scholars have explored the correlation between character strengths and the physical and mental development of adolescents. For instance, boys with a love for learning exhibit greater restraint in sexual behaviour and substance abuse, whereas prudence and self-regulation correlate with boundaries in sexual intimacy (Ma et al., 2008).

Similarly, adolescents possessing character strengths like hope, zest, and leadership are less prone to experiencing mental health issues such as depression and anxiety. Developing certain character strengths can enhance resilience as a crucial strategy to mitigate developmental challenges encountered during adolescence. Studies have also revealed that character strengths are linked to academic achievement. Attributes like perseverance, love, gratitude, and hope predict the academic performance of secondary and tertiary students: after controlling for intelligence (IQ) variables, perseverance, fairness, gratitude, honesty, hope, and perspective can predict university students' grades (GPA). The importance of this finding is that non-intelligence factors - character strengths also affect learning achievement (Park & Peterson, 2009).

While the framework of character strengths continues to evolve and undergo revision, pertinent research indicates that enhancing personal virtues and character strengths can profoundly benefit children's growth. Thus, enabling children to recognise their virtues and character strengths and apply them in learning and life constitutes an effective strategy for pursuing a better life as they mature.

The Values in Action (VIA) Institute, founded by the Mayerson Foundation in the United States in 2000, has been steadfastly committed to promoting positive attitudes among individuals. Led by renowned psychologists Dr. Martin Seligman and Dr. Christopher Peterson, the research team dedicated themselves to the classification of character strengths, resulting in the publication of "Character Strengths and Virtues: A Handbook and Classification" (Peterson & Seligman, 2004). In 2004, the research team developed the "Values in Action Inventory of Strengths" (VIA-IS), later revised by senior scientist Dr. Robert McGrath. This scientifically validated questionnaire is used to assess individual virtues and character strengths.

Presently, the Character Strengths Survey is divided into the VIA Adult Survey and the VIA Youth Survey, tailored for youths aged 8-17. Utilising Likert Scale Questions, the survey employs a five-point rating system (ranging from 5 "very much like me" to 1 "not at all like me"). Research findings indicate strong reliability (internal consistency  $\alpha$  exceeding .70) and construct validity, with robust test-retest reliability for the twenty-four character strengths after six months (correlation exceeding .45) (Snyder & Lopez, 2007). The questionnaire has been employed in various research projects without any form of concern or potential danger. Completion of the survey typically takes between twenty to thirty minutes, with participants receiving an immediate ranking of the twenty-four character strengths upon completion.

Interpretation of the ranking of the twenty-four character strengths is as follows:

- The top 5 rankings are considered "Signature Strengths", representing the traits that best encapsulate "the true and core you".
- Ranks 6 to 18 are "Middle-ranking Character Strengths", not as pivotal as signature strengths but still similar to the individual and beneficial when needed.
- Ranks 19 to 24 are "Other Character Strengths", which are not weaknesses but may not be very appealing to the individual most of the time.
- It is crucial to underscore that the twenty-four character strengths are not devoid of flaws or negative aspects but rather a collection of well-developed positive traits that aid in the psychological processes of thinking and action (McCullough & Snyder, 2011).

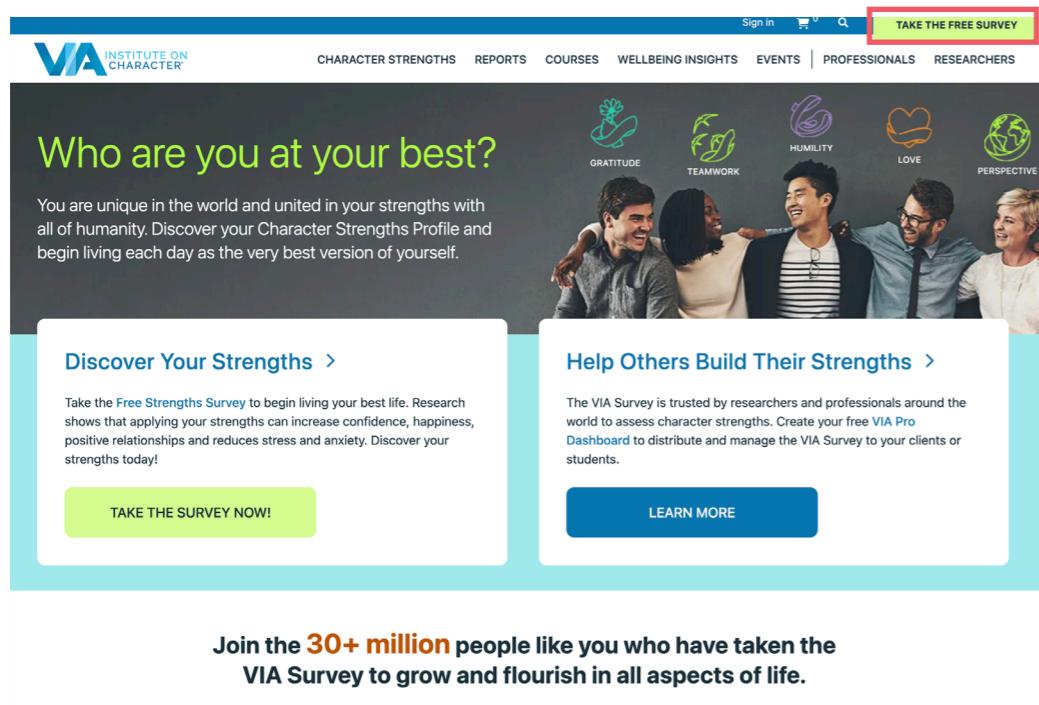
Everyone has their own strengths, and parents must grasp both their own and their children's uniqueness to optimally develop their potential. Like mastering sports, character strengths can be honed at any age through practice. Parents should also be mindful of whether they and their children are effectively balancing character strengths in their daily lives, avoiding misuse, overuse, or underuse.



# Character Strengths Survey Completion Process

1. Go to <http://www.viacharacter.org/>

2. Click on "Take the Free Survey" in the upper right corner.



**Who are you at your best?**  
You are unique in the world and united in your strengths with all of humanity. Discover your Character Strengths Profile and begin living each day as the very best version of yourself.

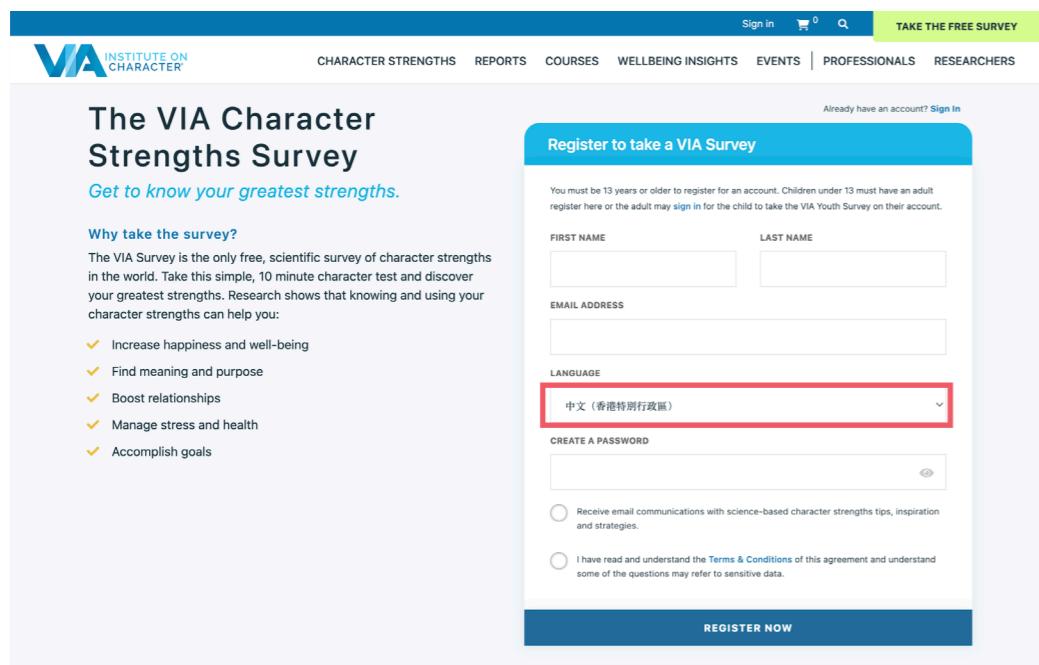
**Discover Your Strengths >**  
Take the **Free Strengths Survey** to begin living your best life. Research shows that applying your strengths can increase confidence, happiness, positive relationships and reduces stress and anxiety. Discover your strengths today!

**Help Others Build Their Strengths >**  
The VIA Survey is trusted by researchers and professionals around the world to assess character strengths. Create your free **VIA Pro Dashboard** to distribute and manage the VIA Survey to your clients or students.

**TAKE THE SURVEY NOW!**

**Join the 30+ million people like you who have taken the VIA Survey to grow and flourish in all aspects of life.**

3. Register an account (fill in your name, email, select language, and create a password).



**The VIA Character Strengths Survey**  
Get to know your greatest strengths.

**Why take the survey?**  
The VIA Survey is the only free, scientific survey of character strengths in the world. Take this simple, 10 minute character test and discover your greatest strengths. Research shows that knowing and using your character strengths can help you:

- ✓ Increase happiness and well-being
- ✓ Find meaning and purpose
- ✓ Boost relationships
- ✓ Manage stress and health
- ✓ Accomplish goals

**Already have an account? Sign In**

**Register to take a VIA Survey**

You must be 13 years or older to register for an account. Children under 13 must have an adult register here or the adult may sign in for the child to take the VIA Youth Survey on their account.

**FIRST NAME** **LAST NAME**

**EMAIL ADDRESS**

**LANGUAGE** **中文 (香港特别行政区)**

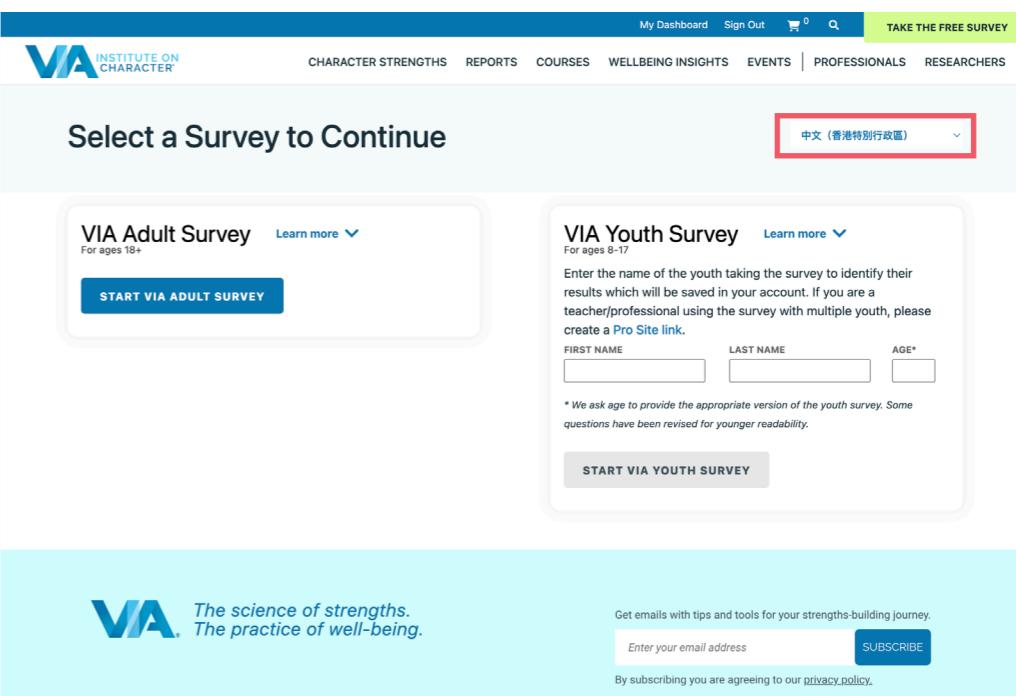
**CREATE A PASSWORD**

Receive email communications with science-based character strengths tips, inspiration and strategies.

I have read and understand the [Terms & Conditions](#) of this agreement and understand some of the questions may refer to sensitive data.

**REGISTER NOW**

4. Choose whether to take the "VIA Adult Survey" or the "VIA Youth Survey" and select the language.



**Select a Survey to Continue**

**VIA Adult Survey** Learn more For ages 18+  
**START VIA ADULT SURVEY**

**VIA Youth Survey** Learn more For ages 8-17  
Enter the name of the youth taking the survey to identify their results which will be saved in your account. If you are a teacher/professional using the survey with multiple youth, please create a [Pro Site link](#).

**FIRST NAME** **LAST NAME** **AGE\***

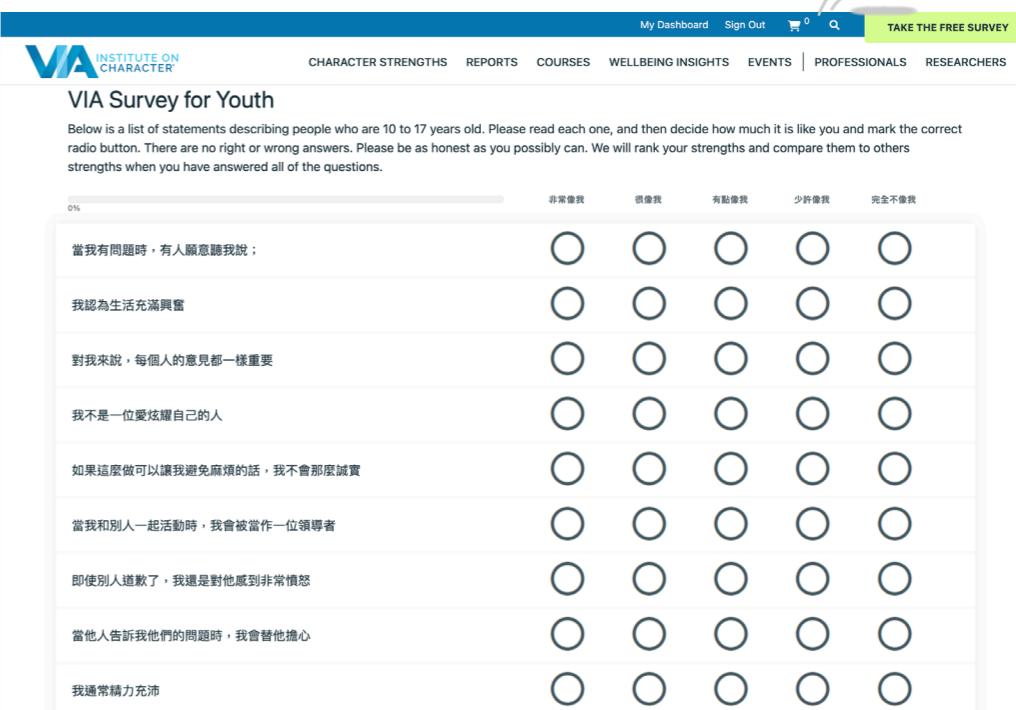
\* We ask age to provide the appropriate version of the youth survey. Some questions have been revised for younger readability.

**START VIA YOUTH SURVEY**

**VIA** *The science of strengths. The practice of well-being.*

Get emails with tips and tools for your strengths-building journey.  
Enter your email address **SUBSCRIBE**  
By subscribing you are agreeing to our [privacy policy](#).

5. Start the Character Strengths survey!



**VIA Survey for Youth**

Below is a list of statements describing people who are 10 to 17 years old. Please read each one, and then decide how much it is like you and mark the correct radio button. There are no right or wrong answers. Please be as honest as you possibly can. We will rank your strengths and compare them to others strengths when you have answered all of the questions.

0%

	非常像我	很像我	有點像我	少許像我	完全不像我
當我有問題時，有人願意聽我說；	<input type="radio"/>				
我認為生活充滿興奮；	<input type="radio"/>				
對我來說，每個人的意見都一樣重要；	<input type="radio"/>				
我不是一位愛炫耀自己的人；	<input type="radio"/>				
如果這麼做可以讓我避免麻煩的話，我不會那麼誠實；	<input type="radio"/>				
當我和別人一起活動時，我會被當作一位領導者；	<input type="radio"/>				
即使別人道歉了，我還是對他感到非常憤怒；	<input type="radio"/>				
當他人告訴我他們的問題時，我會替他擔心；	<input type="radio"/>				
我通常精力充沛；	<input type="radio"/>				

6. After completing all the questions, your top-ranked character strength will appear. Scroll down to the bottom of the page and click "Free Results UNLOCK THIS" to obtain the ranked list of your 24 character strengths.

Tsz Yin, Your Top Strength is: **宽恕和慈悲**

Explore how your top strength can help you thrive!

- Gain Self-Knowledge
- Build Better Relationships
- Thrive at Work
- Navigate Change

GET YOUR RESULTS

discover how to use all 24 of your strengths and join 30+ million others.

⬇ Scroll down to the bottom of the page.

My Dashboard Sign Out 0 TAKE THE FREE SURVEY

CHARACTER STRENGTHS REPORTS COURSES WELLBEING INSIGHTS EVENTS | PROFESSIONALS RESEARCHERS

洞察分析 your top 5 character strengths.

洞察 into how others see you based on your top 5.

Tips to use your top 5 for greater well-being.

The five strengths most connected to your happiness + exercises to boost them.

Review of your middle and lower strengths with tips for boosting these strengths.

Exploration of overuse and underuse of your strengths so that you use your strengths to increase happiness.

Analysis of your strengths according to the virtues, revealing your highest virtue.

Free FREE RESULTS UNLOCK THIS

\$19.00 TOP 5 REPORT UNLOCK THIS

\$49.00 TOTAL 24 REPORT UNLOCK THIS

⬇ Scroll down to the bottom of the page.

My Dashboard Sign Out 0 TAKE THE FREE SURVEY

CHARACTER STRENGTHS REPORTS COURSES WELLBEING INSIGHTS EVENTS | PROFESSIONALS RESEARCHERS

洞察 诚实、真挚和真诚 COURAGE 你是个诚实的人，不止说实话，还会以真诚真挚的态度生活。你是个实际的人，不虚伪，是个「真心」的人。

Your Lesser Strengths

洞察 去爱和被爱的能力 HUMANITY 你重视与别人的亲密关系，特别是那些互相分享和关怀的关系。那些给你最亲密感觉的人，他们同样感到与你最亲密。

洞察 判断力、批判性的思考和开朗的思想 WISDOM 能够从多角度思考和考证事物是你重要的特质。你不会妄下结论，只会根据实际的证据做决定。你能够变通。

洞察 自我控制和自我规范 TEMPERANCE 你自觉地规范自己的感觉与行为。你是个自律的人。对自己的食量和情绪有自制能力，不会反被它们支配。

洞察 社交智慧 HUMANITY <p class="strengthScore"><strong>社交智慧</strong><br />你明白别人的动机和感受，知道该做些什么去配合不同的社交场合，以及使其他人感到自在。</p></p>

SAVE AS PDF

\*Note: The completion process is subject to the latest version of the website <http://www.viacharacter.org/>

# The Five Elements of Well-being

## PERMA

PERMA represents the five pathways to happiness and leading a flourishing life (Seligman, 2011; Snyder, Lopez, Pedrotti, 2015), including:



### Positive Emotion

Positive emotions such as joy, pleasure, warmth, and comfort (Seligman, 2011) contribute to a pleasant life experience. Cultivating a hopeful and positive attitude towards the future, being fully engaged in the present moment without dwelling on past successes or failures, and living in the present moment are key.

### Engagement

Being fully engaged in an activity can evoke positive emotions such as enjoyment, fulfilment, and excitement and plays a crucial role in establishing meaning in life. Engagement can be nurtured by helping children set clear and challenging goals that align with their abilities. Goals should be challenging enough to maintain interest but not so difficult as to cause anxiety or self-doubt. Appropriate goals motivate children to engage fully and achieve a state of "flow", where they are fully immersed and enjoying the activity.

### Positive Relationship

Building positive relationships with peers, teachers, and family members is essential. A sense of belonging and acceptance in interpersonal relationships is a fundamental psychological need. When children receive love and support from friends, teachers, and family, it will help them to develop their emotion management skills.

### Meaning

A meaningful life refers to having beliefs that are more important than oneself and serving these beliefs through actions, such as religious practices, family, or living a sustainable lifestyle (Seligman, 2011). Establishing short-term and long-term goals and seeking meaning in life contribute to a sense of purpose.

### Accomplishment

Accomplishment comes from striving to achieve meaningful goals and serves as a driving force for pursuing excellence. It also enhances self-esteem and self-efficacy. To cultivate a sense of accomplishment, it is necessary to understand one's own character strengths and apply them in daily life. Together with the encouragement and recognition from others, we can enhance our children's self-efficacy and sense of accomplishment.

If parents are aware of their own and their children's character strengths, they can help their children discover their strengths and accompany them in utilising these strengths to set life goals at different stages of growth, leading to positive development and a fulfilling life.

# Practical Application

- 1) "Character Strengths Goals" Worksheet
- 2) "My Top Ten Achievements" Worksheet
- 3) "My Growth Tree" Worksheet
- 4) Instructions for Using the "Character Strengths Gratitude Journal"
- 5) Instructions for Using the "Twenty-Four Character Strengths Appreciation Cards"

## Activity 1: "Character Strengths Goals" Worksheet

Try setting small goals for yourself and your children in different areas of life using the "S.M.A.R.T." principle and implement character strengths within them to enhance happiness in life!



### "Character Strengths Goals" Worksheet (Example for Children)

Name of Implementer: Chan Tai Man

Expected Goal Implementation Period: September to December

Application Scope	My Top Five Signature Strengths				
	1. Honesty	2. Self-Regulation	3. Bravery	4. Perseverance	5. Creativity
Academic/ Work	<p><b>Goal:</b> (Specific, Measurable, Achievable, Relevant, Time-bound) To improve my English score by 10 points in the final exam.</p> <p><b>The following character strengths can be used to achieve goal:</b> Creativity - It allows me to come up with interesting ways to memorise English vocabulary. Self-regulation - It can control me from playing games and focus on my studies.</p> <p><b>Expected Results and Rewards Upon Completion:</b> Improvement of 10 points in English in the final exam. To discuss with family to have dinner at a restaurant that we've never been to before.</p>				
Personal Interests/ Extracurricular Activities	<p><b>Goal:</b> (Specific, Measurable, Achievable, Relevant, Time-bound) To be selected as a member of the track team in the next semester.</p> <p><b>The following character strengths can be used to achieve goal:</b> Perseverance - To participate more in track team activities and training. Bravery - To ask teachers and classmates for relevant information and how to prepare for selections.</p> <p><b>Expected Results and Rewards Upon Completion:</b> Become a member of the track team in the second semester after passing the selection process. To discuss with family to save up pocket money to buy new running shoes.</p>				

Family/ Friends	<p><b>Goal:</b> <b>(Specific, Measurable, Achievable, Relevant, Time-bound)</b></p> <p>To express my feelings calmly to my family at least once a week for the next month.</p> <p><b>The following character strengths can be used to achieve goal:</b></p> <p>Honesty - To honestly acknowledge my feelings and try to express them to others. Self-regulation - To try to control myself before reacting impulsively, pause, think, and then respond.</p> <p><b>Expected Results and Rewards Upon Completion:</b></p> <p>In the coming month, at least once a week, I will be able to calmly express my feelings to my family. To plan a favourite family activity with my family.</p>
Others:  Use of Electronic Devices	<p><b>Goal:</b> <b>(Specific, Measurable, Achievable, Relevant, Time-bound)</b></p> <p>To use electronic devices for less than three hours per day in the next month.</p> <p><b>Signature and supporting character strengths to be used:</b></p> <p>Self-regulation - To control the time spent using electronic devices. Zest - Arranging to meet friends for outdoor activities to reduce the time spent at home playing electronic devices.</p> <p><b>Expected Results and Rewards Upon Completion:</b></p> <p>Use electronic devices for less than three hours per day in the next month. To discuss with family to visit a place we haven't been to before.</p>
<p>Signed by Implementer: <u>Chan Tai Man</u></p> <p>Name of Implementer: <u>Chan Tai Man</u></p> <p>Date: <u>21-12-2023</u></p> <p>Signed by Witness: <u>Chan Yuet Kwun</u></p> <p>Name of Witness: <u>Chan Yuet Kwun</u></p> <p>Date: <u>21-12-2023</u></p>	

Frequently utilise your character strengths in daily life to enhance your sense of happiness!

## "Character Strengths Goals" Worksheet (Parent)

Application Scope	My Top Five Signature Strengths				
	1.	2.	3.	4.	5.
Academic/ Work	<p><b>Goal:</b> <b>(Specific, Measurable, Achievable, Relevant, Time-bound)</b></p> <p><b>The following character strengths can be used to achieve goal:</b></p> <p><b>Expected Results and Rewards Upon Completion:</b></p>				
Personal Interests/ Extracur- ricular Activities	<p><b>Goal:</b> <b>(Specific, Measurable, Achievable, Relevant, Time-bound)</b></p> <p><b>The following character strengths can be used to achieve goal:</b></p> <p><b>Expected Results and Rewards Upon Completion:</b></p>				
Personal Interests/ Extracur- ricular Activities	<p><b>Goal:</b> <b>(Specific, Measurable, Achievable, Relevant, Time-bound)</b></p> <p><b>The following character strengths can be used to achieve goal:</b></p> <p><b>Expected Results and Rewards Upon Completion:</b></p>				

Family/ Friends	<p><b>Goal:</b> (Specific, Measurable, Achievable, Relevant, Time-bound)</p> <p>The following character strengths can be used to achieve goal:</p>
	<p>Expected Results and Rewards Upon Completion:</p>

Others:	<p><b>Goal:</b> (Specific, Measurable, Achievable, Relevant, Time-bound)</p> <p>Signature and supporting character strengths to be used:</p>
	<p>Expected Results and Rewards Upon Completion:</p>

Signed by  
Implementer: \_\_\_\_\_

Signed by  
Witness: \_\_\_\_\_

Name of  
Implementer: \_\_\_\_\_

Name of  
Witness: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

## "Character Strengths Goals" Worksheet (Children)

Name of Implementer: \_\_\_\_\_

Expected Goal Implementation Period: \_\_\_\_\_ to \_\_\_\_\_

Application Scope	My Top Five Signature Strengths				
	1.	2.	3.	4.	5.
Academic/ Work	<p><b>Goal:</b> (Specific, Measurable, Achievable, Relevant, Time-bound)</p> <p>The following character strengths can be used to achieve goal:</p>				
	<p>Expected Results and Rewards Upon Completion:</p>				
Personal Interests/ Extracur- ricular Activities	<p><b>Goal:</b> (Specific, Measurable, Achievable, Relevant, Time-bound)</p> <p>The following character strengths can be used to achieve goal:</p>				
	<p>Expected Results and Rewards Upon Completion:</p>				

Family/ Friends	<p><b>Goal:</b> (Specific, Measurable, Achievable, Relevant, Time-bound)</p>
	<p><b>The following character strengths can be used to achieve goal:</b></p>
	<p><b>Expected Results and Rewards Upon Completion:</b></p>
Others:	<p><b>Goal:</b> (Specific, Measurable, Achievable, Relevant, Time-bound)</p>
	<p><b>Signature and supporting character strengths to be used:</b></p>
	<p><b>Expected Results and Rewards Upon Completion:</b></p>

Signed by  
Implementer: \_\_\_\_\_

Name of  
Implementer: \_\_\_\_\_

Date: \_\_\_\_\_

Signed by  
Witness: \_\_\_\_\_

Name of  
Witness: \_\_\_\_\_

Date: \_\_\_\_\_

## Activity 2: "My Top Ten Achievements" Worksheet

From the moment we are born to the present day, life presents us with an array of challenges, each offering an opportunity for growth! According to positive psychology, individuals exhibit a range of character strengths as they navigate through life's journey and face various situations. For instance, when confronted with adversity, they may demonstrate qualities like bravery and perseverance (Snyder, Lopez, Pedrotti, 2015). We invite you to list ten of your own and your child's achievements on the trophy and reflect on the character strengths displayed during each achievement.



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## "My Top Ten Achievements" Worksheet (Parent)

's Top Ten Achievements



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## "My Top Ten Achievements" Worksheet (Children)

's Top Ten Achievements



Everyone has shining moments worthy of  
recognition and appreciation!

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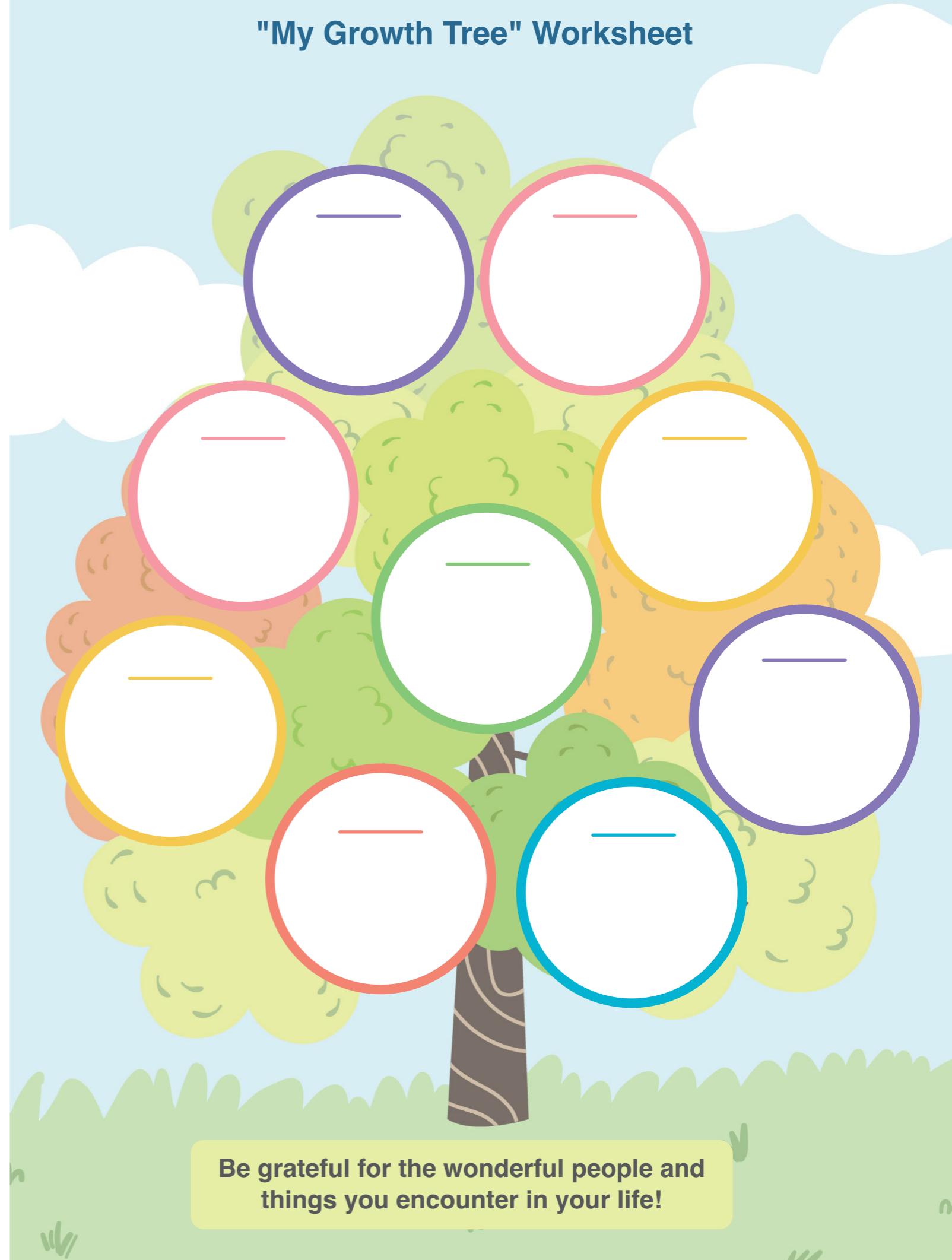
## Activity 3: "My Growth Tree" Worksheet

Throughout life's journey, we encounter a diverse array of individuals who accompany us in our growth, including family members, relatives, friends, and teachers. Take a moment to recall eight people who have supported and encouraged you along the way, and jot down their character strengths in the diagram provided below. Reflect on their influence on your growth and express gratitude for their impact!



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## "My Growth Tree" Worksheet



Be grateful for the wonderful people and things you encounter in your life!

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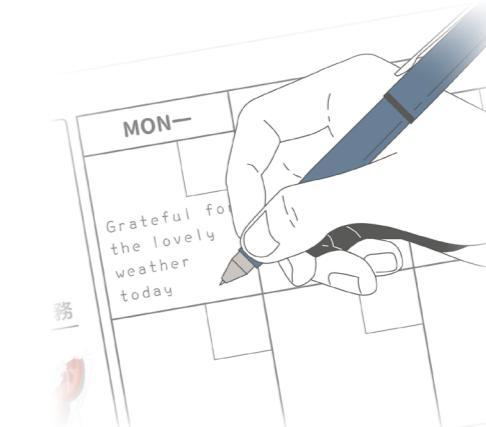
## Instructions for Using the "Character Strengths Gratitude Journal"

We all lead busy lives, often too preoccupied to jot down the moments that bring us gratitude and pride. We urge you to take just 5 minutes each day to capture life's snippets in the "Character Strengths Gratitude Journal". Through it, you'll uncover the beauty of life and the goodness within yourself and those around you!



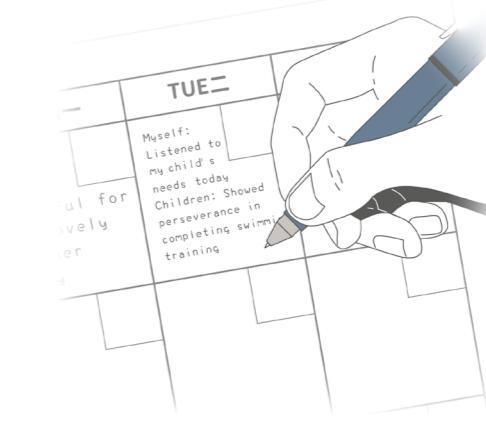
Use 1

Record things you are grateful for each day on the calendar grid.



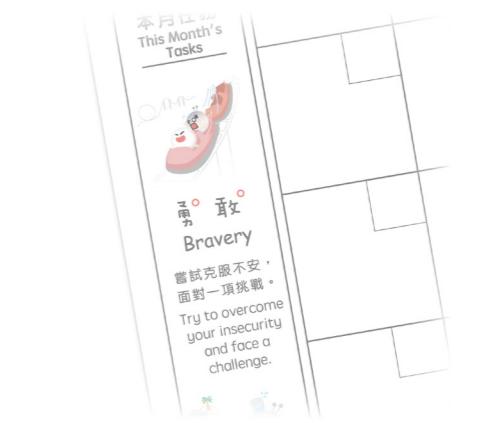
Use 2

Record your daily small achievements and the character strengths exhibited by yourself and your family on the calendar grid.



Use 3

Complete the "This Month's Tasks" to practise and cultivate your character strengths in daily life.



Nothing is taken for granted.  
Take the time to record the beautiful moments of life!

# Instructions for Using the "Twenty-Four Character Strengths Appreciation Cards"

The "Twenty-Four Character Strengths Cards" (See Appendix, p.74) are designed to provide you with a tool for reflecting on the positive moments of the past and acknowledging your own character strengths through the images and sentences on the cards. You can display them at home or work as a personal reminder. Moreover, you can use the cards as greeting cards, write down your feelings for others, and give them to express your gratitude and appreciation.



Use 1

## Reflect on your own goodness

Let's take a moment to focus on ourselves, savour and appreciate the moments when we demonstrate our character strengths.



Use 2

## Use as greeting cards for yourself or others.

You can select a character strengths card and write blessings or reminders for yourself or others on the back!



Appreciate your own goodness, and spread blessings and gratitude to those around you!

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# 附錄 Appendix

「二十四項品格優勢心意卡」  
"Twenty-Four Character Strengths Appreciation Cards"

源  
點

明愛賽馬會「源·點」家校心靈支援服務  
Caritas Jockey Club Project on Family Solidarity and Mental Wellness

賞  
美  
欣  
賞  
Appreciation of  
Beauty & Excellence



源  
點

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Caritas Jockey Club Project on Family Solidarity and Mental Wellness

寬  
恕  
心  
Forgiveness



源  
點

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Caritas Jockey Club Project on Family Solidarity and Mental Wellness

熱  
忱  
Zest

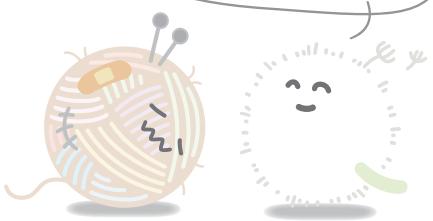


源  
點

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Caritas Jockey Club Project on Family Solidarity and Mental Wellness

愛  
與  
被  
愛  
Love

我知道你好傷心內疚，  
無言的點，我會告訴你



源  
點

明愛賽馬會「源·點」家校心靈支援服務  
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判  
斷  
力  
Judgement



源  
點

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毅  
力  
Perseverance



不懷恨、不記仇的你 . . . . .  
When you don't hold grudges...

能讓你感到美麗的事情 . . . . .  
Experiences that expose beauty to you...

讓你感受到愛的時候 . . . . .  
When you feel loved...

充滿能量、全情投入的你 . . . . .  
When you are full of energy and  
wholeheartedly dedicated...

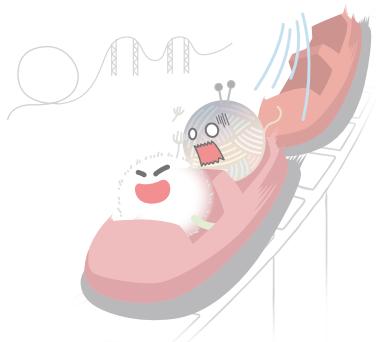
你堅持不放棄的時候 . . . . .  
When you persist and don't give up...

不會妄下結論的時候 . . . . .  
When you don't jump to conclusions...

源  
點

明愛賽馬會「源·點」家校心靈支援服務  
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勇○敢○  
Bravery



源  
點

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社○土○六○知○慧○  
Social Intelligence



源  
點

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誠○實○  
Honesty



源  
點

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創○造○力○  
Creativity



源  
點

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團○隊○精○神○  
Teamwork



源  
點

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感○恩○  
Gratitude



留意到別人需要的你.....  
When you notice the needs of others...

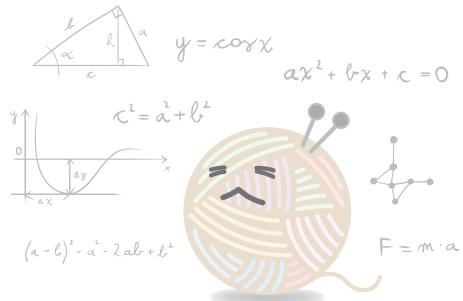
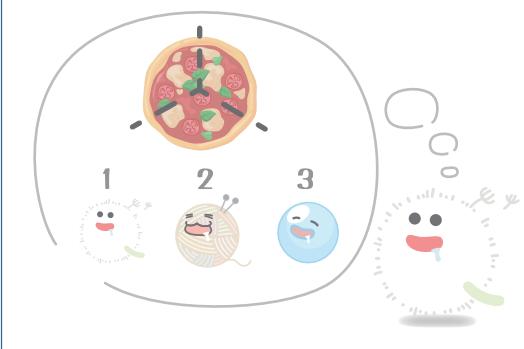
你克服不安的時候.....  
When you overcome your insecurities...

你構思新想法的時候.....  
When you come up with a new idea...

對自己、對別人坦誠的你.....  
When you are honest with yourself  
and others...

微小而值得感恩的事情.....  
Small but worthy things to be  
grateful for...

為團隊付出的你.....  
When you contribute to the team...

領○導○才○  
Leadership自○我○控○制○  
Self-Regulation謹○慎○  
Prudence幽○默○感○  
Humour喜○愛○學○習○  
Love of Learning公○平○公○正○  
Fairness

規範自己行為的你.....  
When you regulate your own behaviour...

帶領團隊向著目標進發時.....  
When you lead the team towards  
the goal...

使別人感到快樂的你.....  
When you make others happy...

仔細考慮的你.....  
When you act after careful consideration...

公平對待所有人的你.....  
When you treat everyone fairly...

渴求新知識的你.....  
When you are eager to acquire  
new knowledge...

源  
點

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洞 察 力  
Perspective



源  
點

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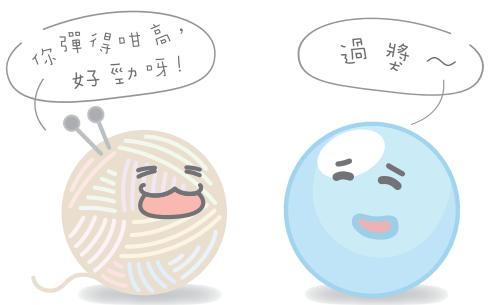
好奇心  
Curiosity



源  
點

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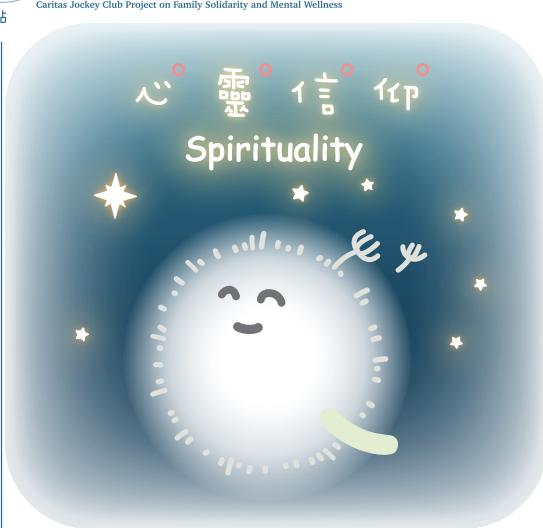
謙 虧  
Humility



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點

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心 靈 信 仰  
Spirituality



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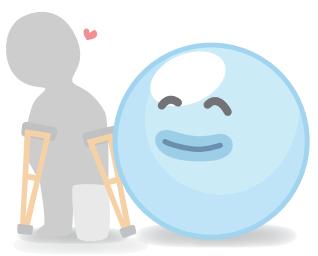
希 望  
Hope



源  
點

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仁 慈  
Kindness



你對事物好奇的時候 . . . . .

When you're curious about things...

你曾為別人提供的建議 . . . . .

Advice you've given to others...

你心中一直抱存的信念 . . . . .

The faith you've always had in  
your heart...

謙卑面對讚賞的你 . . . . .

When you humbly accept compliments...

你曾為別人帶來的幫助 . . . . .

The help you have brought to others...

你對未來的願景 . . . . .

Your vision for the future...

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電話：(852) 3157 1517

傳真：(852) 3543 1749

電郵：fsfsmw@caritassws.org.hk

顧問：林綺雲

編委團隊：伍偉溢、黃文英、鍾瑞霖

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Phone: (852) 3157 1517

Fax: (852) 3543 1749

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