

10 PROMPTS FOR LEVELING UP YOUR STRENGTHS JOURNEY WITH



The only AI Strengths Coach for Wellbeing

Explore & deepen your Character Strengths understanding with Viana.

- 1 How can I incorporate my strengths into my **daily actions**?
- 2 How can I manage [work/school] **stress** using my strengths?
- 3 What steps can I take to boost my **resilience** using my strengths?
- 4 What techniques can enhance my **awareness** of strengths?
- 5 How might **overusing** my strengths limit me?
- 6 How can I set and achieve **goals** that align with my strengths?
- 7 Can you share tips on using my strengths to improve **communication**?
- 8 How can I use my strengths to improve my **relationships**?
- 9 How can I use my strengths to build and maintain **motivation**?
- 10 How can I use **journaling** to gain insights into my strengths?

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