



THE UNIVERSITY OF
CHICAGO

The **LIFE** program will show you how to use your strengths and positive emotions to engage in more meaningful relationships to support your wellbeing now and in the future.

Finding Meaning in the Past

Accepting the lessons learned from past experiences to live more fully in the present

Focusing on the Present

Living in the moment and searching for the positive in each situation

LIFE

Living Intentionally to Flourish Everyday

Flourishing in the Future

Using strengths to achieve your potential and live a fulfilling life

Fulfilling Your Purpose

Being confident in and engaged with all aspects of your life

SESSION 1: POSITIVE EMOTIONS

- Discuss strengths and how understanding them can be important to flourishing in life
- Activities in how to use strengths effectively

StrengthsWork: Daily Strength Awareness

- Complete first one in the session and continue daily tracking throughout the week
- Discuss the activity during the next session

Date	Activity/Exercise	Experience/Emotion	Enjoyment level (1-10 scale)	Energy level (1-10 scale)	Strength used in activity
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SESSION 2: ENGAGEMENT/RELATIONSHIPS

- Discuss how engaging in meaningful relationships can improve well-being; building interpersonal connections is a great skill to have
- Discuss support systems students have/important people in their lives

StrengthsWork: Gratitude Letter/Visit

- Write a letter of gratitude to someone who is important to them (in session)
- Have them send it to the person (by mail or email) or read it to them over the phone or in person
- Be prepared to discuss the experience during next session

SESSION 3: MEANING

- Discuss the impact students have on other people
 - A smile/kind word can go a long way
 - How can we encourage others and be more supportive?
- Emphasize how every day matters

StrengthsWork: Three Good Things

- Have students use a journal (that we provide) to write three good things that happened each day where they impacted someone else
- Include a brief reflection on them
- Be prepared to discuss during next session

SESSION 4: ACHIEVEMENT

- Discuss how important feeling a sense of accomplishment/satisfaction is to well-being
- Discuss how to be resilient in times people aren't flourishing

StrengthsWork: Best Possible Selves

- Students will write a description of their best possible selves (self-actualization)
 - What would they be doing?
 - Where would they be living?
 - How would they feel?
- After writing, they will be asked:
 - If they don't look like this, what strengths will help readjust their vision?