



Character Strengths Activities

Activities adapted and facilitated by Dr Sherrie Lee. Free to use with attribution. Please cite as:

Lee, S. (2026). *Resources for career practitioners*. Dr Sherrie Lee Career Coach.
<https://thediasporicacademic.com/resources-for-career-practitioners/>



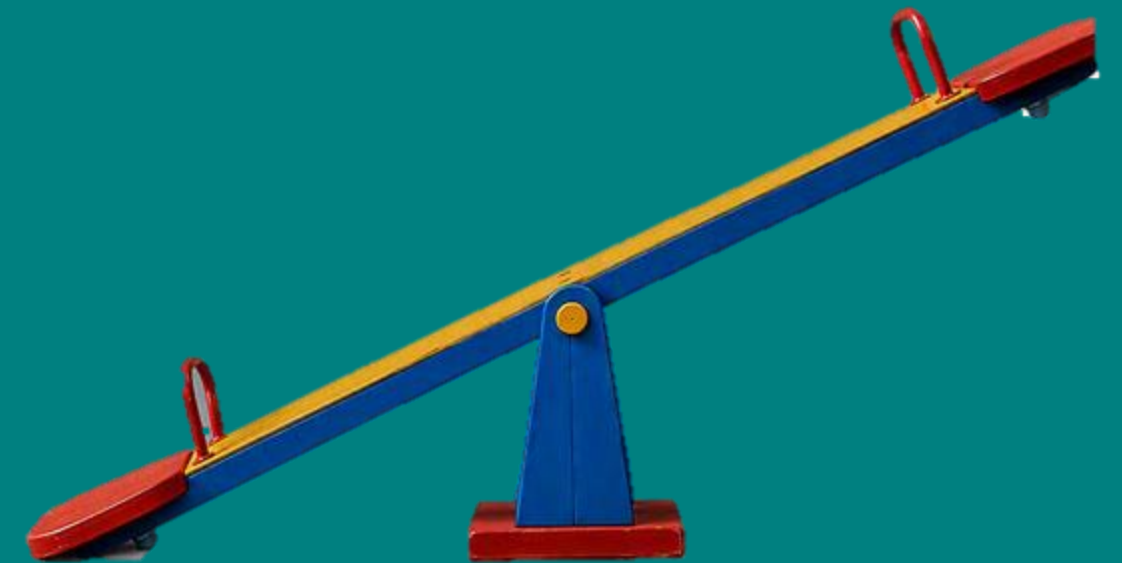
THE SAILBOAT METAPHOR

- Imagine you are in the sailboat.
- What do you notice as you think about your current career or life situation?
- What opportunities or threats do you see?
- What strengths are you using at the moment?
- What is the ranking of these strengths on your VIA survey results?
- How else can you use your strengths?
- What other strengths can you use?



THE GOLDEN MEAN

- How does the seesaw remind you about how you have used your strengths?
- Think of a time you overused or underused your strength.
 - What was the impact?
 - How did you feel?
 - What could you do differently?
- Use The Golden Mean table to reflect on how your strengths are expressed across three types of use:
 - **Underuse:** too little of the strength
 - **Optimal use (Golden Mean):** balanced expression
 - **Overuse:** too much of the strength



HOW TO USE THESE ACTIVITIES

- Complete the free [VIA Survey of Character Strengths](#) to get your ranked list of strengths. [The Golden Mean](#) resource is also available on the VIA website.
- Use your VIA survey results when identifying and describing your strengths.
- Use these activities in a coaching conversation or facilitate the discussion in pairs or small groups.
- **Video resources**
 - [Sailboat Metaphor activity](https://youtu.be/-e5MWcn0wAE?t=101): <https://youtu.be/-e5MWcn0wAE?t=101>
 - [The Golden Mean activity](https://youtu.be/uCAz1wwiRLc?t=218): <https://youtu.be/uCAz1wwiRLc?t=218>

Free to use with attribution: Lee, S. (2026). *Resources for career practitioners*. Dr Sherrie Lee Career Coach. <https://thediasporicacademic.com/resources-for-career-practitioners/>

VIA materials remain the property of the VIA Institute on Character. Not affiliated with or endorsed by VIA Institute on Character.

© 2026 Dr Sherrie Lee. The video recordings may not be copied, edited or redistributed without written permission.

© 2026 Dr Sherrie Lee

CONTACT DETAILS

Questions or want me to facilitate these activities? Get in touch.

Dr Sherrie Lee, Career Coach & Educator

Certified Career Services Provider (NCDA), Professional Member CDANZ

Email: dr.sherrie.lee@outlook.com

LinkedIn: <https://www.linkedin.com/in/leesherrie/>

Website: <https://thediasporicacademic.com/>