



Definition: Great enthusiasm and exuberance; the quality or state of being stimulating to the mind or senses.

Questions/Quiz:

What are some identifying qualities in the character strength zest?

Feelings: How does it make you feel when you act with zest?

Needs: What do you need to experience more zest in your life?



Zest

Superhero Identifier: Whom are the superheroes in your community you identify as expressing zest?

"Shadow" Identifier: *(list some of the opposites)*

Diary/journal: Share your thoughts on this subject and how you feel.



Zest

3) How do/will you provide your personal skills and abilities to activate zest in yourself and others?

4) What are the character strengths and virtues you use when seeking to strengthen this strength?

5) When do you feel a lack of zest in your life?

Challenge:

- Identify your "shadow" and take note of the life situation and feelings that arise that are feeding it.
- Identify the "shadow" in your family and identify how they might be elevated out of feelings of lack of zest?
- Please share some of your experiences with others in your community and/or in your journal.

