

MODULE 1 - NATURE VS NURTURE

LISTENING COMPREHENSION - TRANSCRIPT The Science of Character.

<https://www.youtube.com/watch?v=TtsAn84Si9g> (trailer)

There are seven billion, well actually 7.1 billion humans on the planet and each one of us has a unique character. So what determines your character? You do, and all the people around you, and of course, some genetics, too. But there's new science proving that if you focus on certain parts of who you are you can develop your character and ultimately live a more meaningful successful and happy life no matter what your circumstances. I mean, isn't that what we're all trying to figure out? This whole idea about developing our character really took shape in 2004 when two psychologists suggested that instead of just focusing on all the things that can go wrong with us, it's also important to celebrate all the things that can go right. You see, they look throughout history to identify core virtues that humans across cultures have agreed lead to a meaningful life and then they identified 24 character strengths that when practiced and developed could lead to these virtues. And they organized them like scientists have done throughout history to understand things better so, think about it, what are your top five strengths?