

CHARACTER STRENGTHS

Authenticity

Truthful and sincere

Appreciation of Beauty

Notices and enjoys the wonders around them

Bravery

Does what's important in spite of fear

Creativity

Solves problems in unique ways

Curiosity

Seeks new experiences and opportunities to explore

Forgiveness

Lets go of hurt after being wronged

Gratitude

Expresses thankfulness for the good in life

Hope

Expects the best to happen

Humour

Enjoys making people laugh

Kindness

Helps and cares for others

Fairness

Treats others equally

Leadership

Organizes and directs the group

Love

Has close, caring relationships with others

Love of Learning

Passionate about expanding their knowledge

Modesty

Lets their accomplishments speak for themselves

Openmindedness

Thinks carefully about new ideas and opinions

Persistence

Keeps working hard even when it is difficult

Perspective

Considers the "big picture"

Prudence

Uses caution and planning to make decisions

Self Regulation

Controls emotions and actions

Social Intelligence

Recognizes others' emotions and motivations

Spirituality

Has a worldview that provides comfort and purpose

Teamwork

Works and cooperates well in groups

Zest

Expresses enthusiasm and energy