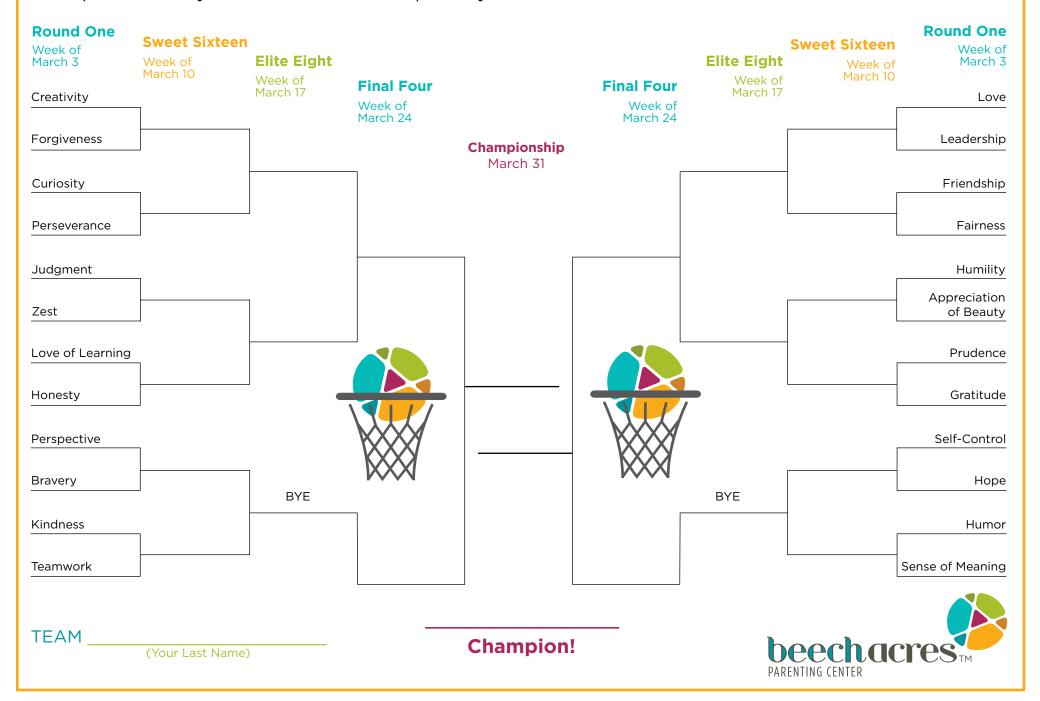
# 2019 **STRENGTH SPOTTING** TOURNEY!

Too much basketball? Try this bracket for your family. Tally up your strengths **each week** and discover which rise to the top. At the end you'll know which is champion in your house!



# **24** Character Strengths

#### **Friendship**

I get along well with others and my friends can count on me.

#### Gratitude

I appreciate the good things that happen to me.

#### Love

I value my close relationships with others.

#### Perseverance

I work hard to achieve my goals and don't give up.

# **Creativity**

I can think of lots of ways to solve problems and use my imagination.

# **Curiosity**

I explore the world around me and have fun learning.

### **Love of Learning**

I get excited discovering new things.

#### **Fairness**

I believe everyone should have the same opportunities.

#### Humor

I like bringing a smile to others.

#### **Bravery**

I take on challenges and speak up for what is right.

#### Hope

I feel positive when I think about the future.

#### **Self-Control**

I can stop, wait and manage my emotions.

#### Leadership

I can be the conductor! People look to me for direction.

#### Kindness

I am helpful and nice to others.

# **Appreciation of Beauty**

I appreciate the beauty in the world around me.

# **Humility**

I let my accomplishments speak for themselves.

#### **Honesty**

I am open and truthful.

#### **Prudence**

I carefully consider all my options when making a decision.

## **Judgment**

I am open-minded and think through my decisions.

#### **Perspective**

I can "put myself in others' shoes" and help give good advice.

#### **Teamwork**

I like being part of a team and doing my share.

#### **Forgiveness**

I believe that everyone deserves a second chance. I am able to let things go.

# **Sense of Meaning**

I am discovering my purpose and place in the world.

#### Zest

I take on each day with energy and excitement.