

# What Strengths Will You Use Today?



## Zest

I take on each day with energy and excitement.



## 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.



## Sense of Meaning

I am discovering my purpose and place in the world.



## Judgment

I am open-minded and think through my decisions.



## 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.



## Perspective

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



## 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.



## Teamwork

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



## Kindness

I am helpful and nice to others.



## Forgiveness

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



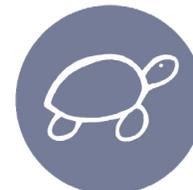
## Humility

I let my accomplishments speak for themselves.



## Honesty

I am open and truthful.



## Prudence

I carefully consider all my options when making a decision.



## Appreciation of Beauty

I appreciate the beauty in the world around me.

