

Character Strengths



Mindfulness
I am present and fully engaged in the moment.



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.



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.



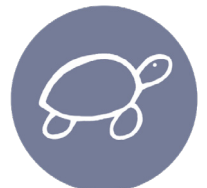
Appreciation of Beauty
I appreciate the beauty in the world around me.



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.