

Character Strengths

MINI GUIDE

The aim is to identify 5 of the strengths below that you most identify with and then take the challenge.



Creativity	Perspective	Zest	Teamwork	Humility	Gratitude
Curiosity	Bravery	Love	Fairness	Prudence	Hope
Judgment	Perseverance	Kindness	Leadership	Self-Regulation	Humor
Love of Learning	Honesty	Social Intelligence	Forgiveness	Apprec. of Beauty & Excellence	Spirituality

Look through the strengths listed.

Which ones do you live your life by, most of the time?

Which ones define you best? Circle 5.



The 5 you picked are your signature strengths. The challenge is to pick one of these and try and deliberately use it more. For example, if you picked judgement it may be you are great at it with students but do you use it enough with colleagues or family or friends.

Your strengths are your super powers! Acknowledge them and commit to using them more in different situations.