

In-Session 2 Worksheet—24 Personal Strengths

Name: _____

Date: _____

Love of learning



You love learning new things, whether in a class or on your own. You have always loved school, reading, and museums—anywhere and everywhere there is an opportunity to learn.

Bravery and valor



You are a courageous person who does not shrink from threat, challenge, difficulty, or pain. You speak up for what is right even if there is opposition. You act on your convictions.

Honesty, authenticity, and genuineness



You are an honest person, not only by speaking the truth but by living your life in a genuine and authentic way. You are down to earth and without pretense; you are a "real" person.

Capacity to love and be loved



You value close relations with others, in particular those in which sharing and caring are reciprocated. The people to whom you feel most close are the same people who feel most close to you.

Modesty and humility



You do not seek the spotlight, preferring to let your accomplishments speak for themselves. You do not regard yourself as special, and others recognize and value your modesty.

Caution, prudence, and discretion



You are a careful person, and your choices are consistently prudent ones. You do not say or do things that you might later regret.

Gratitude



You are aware of the good things that happen to you, and you never take them for granted. Your friends and family members know that you are a grateful person because you always take the time to express your thanks.

Humor and playfulness



You like to laugh and tease. Bringing smiles to other people is important to you. You try to see the light side of all situations.

Judgement, critical thinking, and open-mindedness



Thinking things through and examining them from all sides are important aspects of who you are. You do not jump to conclusions, and you rely only on solid evidence to make your decisions. You can change your mind.

Perspective (wisdom)



Although you may not think of yourself as wise, your friends hold this view of you. They value your perspective on matters and turn to you for advice. You have a way of looking at the world that makes sense to others and to yourself.

Industry, diligence, and perseverance



You work hard to finish what you start. No matter the project, you "get it out the door" in timely fashion. You do not get distracted when you work, and you take satisfaction in completing tasks.

Kindness and generosity



You are kind and generous to others, and you are never too busy to do a favor. You enjoy doing good deeds for others, even if you do not know them well.

Leadership



You excel at the tasks of leadership: encouraging a group to get things done and preserving harmony within the group by making everyone feel included. You do a good job organizing activities and seeing that they happen.

Forgiveness and mercy



You forgive those who have done you wrong. You always give people a second chance. Your guiding principle is mercy and not revenge.

Curiosity and interest in the world



You are curious about everything. You are always asking questions, and you find all subjects and topics fascinating. You like exploration and discovery.

Citizenship, teamwork, and loyalty



You excel as a member of a group. You are a loyal and dedicated teammate, you always do your share, and you work hard for the success of your group.

Fairness, equity, and justice



Treating all people fairly is one of your abiding principles. You do not let your personal feelings bias your decisions about other people. You give everyone a chance.

Self-control and self-regulation



You self-consciously regulate what you feel and what you do. You are a disciplined person. You are in control of your appetites and your emotions, not vice versa.

Spirituality, sense of purpose, and faith



You have strong and coherent beliefs about the higher purpose and meaning of the universe. You know where you fit in the larger scheme. Your beliefs shape your actions and are a source of comfort to you.

Zest, enthusiasm, and energy



Regardless of what you do, you approach it with excitement and energy. You never do anything halfway or halfheartedly. For you, life is an adventure.

Social intelligence



You are aware of the motives and feelings of other people. You know what to do to fit in to different social situations and you know what to do to put others at ease.

Appreciation of beauty and excellence



You notice and appreciate beauty, excellence, and/or skilled performance in all domains of life, from nature to art to mathematics to science to everyday experience.

Hope, optimism, and future-mindedness



You expect the best in the future, and you work to achieve it. You believe that the future is something that you can control.

Creativity, ingenuity, and originality



Thinking of new ways to do things is a crucial part of who you are. You are never content with doing something the conventional way if a better way is possible.

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