

## CHARACTER STRENGTHS DEFINITIONS



### ***Appreciation of Beauty & Excellence***

You notice and value the world's beauty and people's skills. You don't take things for granted.



### ***Bravery***

You act with mental, moral, or physical strength even when you know things are difficult or scary.



### ***Connection/Purpose***

You have beliefs about the meaning of life and your life's purpose. You seek to be part of something greater than yourself.



### ***Creativity***

You come up new and original ways to think about and do things.



### ***Curiosity***

You like exploration and discovery. You ask lots of questions because you want to learn more about anything and everything.



### ***Fairness***

You believe that all people have value. You approach situations with an unbiased mindset and treat everyone with respect.



### ***Forgiveness***

You forgive those who have done wrong. You accept that people make mistakes.



### ***Gratitude***

You are aware of and thankful for good things that happen.



### ***Hope/Optimism***

You expect the best from the future and work to achieve it.



### ***Humility/Modesty***

You do not seek the spotlight. You let your actions speak for themselves.



### ***Humor***

You like to laugh and bring smiles to other people.



### ***Integrity***

You are honest and speak the truth. You present yourself genuinely and sincerely.



### ***Kindness***

You are generous to others and you are never too busy to help out. You enjoy doing good deeds for other people.



### ***Leadership***

You value each member of your group and inspire people to do their best.



### ***Love***

You value close relationships with others and being close to people.



### ***Love of Learning***

You master new skills and topics on your own or in school.



### ***Open-Mindedness***

You like to consider new ideas and try new things. You examine things from all sides and don't jump to conclusions.



### ***Perspective***

You appreciate that people see things in different ways. You have the ability to understand the world from multiple points of view.



### ***Perseverance***

You complete what you start despite obstacles. You never give up.



### ***Prudence***

You plan for the future and achieve your goals by making careful everyday choices.



### ***Self-Control***

You have the ability to control your emotions and behaviors. You think before you act.



### ***Social Intelligence***

You are aware of other people's thoughts and feelings. You understand why they do things.



### ***Teamwork/Citizenship***

You work well as a member of a group or team. You are loyal and sacrifice your individual desires for the greater good.



### ***Zest/Enthusiasm***

You approach life with excitement and energy. You energize people around you.