

Appreciation of Beauty & Excellence
"recognize, emotionally experience, and appreciate the beauty around me and the skill of others."

Bravery
"I act on my convictions, and I face threats, challenges, difficulties, and pains, despite my doubts and fears."

Creativity
"I am creative, conceptualizing something useful, coming up with ideas that result in something worthwhile."

Curiosity
"I seek out situations where I gain new experiences without getting in my own or other people's way."

Fairness
"I treat everyone equally and fairly, and give everyone the same chance applying the same rules to everyone."

Forgiveness
"I forgive others when they upset me and/or when they behave badly towards me, and I use that information in my future relations with them."

Gratitude
"I am grateful for many things and I express that thankfulness to others."

Humor
"I approach life playfully, making others laugh, and finding humor in difficult and stressful times."

Honesty
"I am honest to myself and to others, I try to present myself and my reactions accurately to each person, and I take responsibility for my actions."

Hope
"I am realistic and also full of optimism about the future, believing in my actions and feeling confident things will turn out well."

Humility
"I see my strengths and talents but I am humble, not seeking to be the center of attention or to receive recognition."

Leadership
"I take charge and guide groups to meaningful goals, and ensure good relations among group members."

Judgment
"I weigh all aspects objectively in making decisions, including arguments that are in conflict with my convictions."

Love
"I experience close, loving relationships that are characterized by giving and receiving love, warmth, and caring."

Love of Learning
"I am motivated to acquire new levels of knowledge, or deepen my existing knowledge or skills in a significant way."

Perseverance
"I persist toward my goals despite obstacles, discouragements, or disappointments."

Perspective
"I give advice to others by considering different (and relevant) perspectives and using my own experiences and knowledge to clarify the big picture."

Kindness
"I am helpful and empathic and regularly do nice favors for others without expecting anything in return."

CORE STRENGTHS

Prudence
"I act carefully and cautiously, looking to avoid unnecessary risks and planning with the future in mind."

Self-Regulation
"I manage my feelings and actions and am self-controlled."

Social Intelligence
"I am aware of and understand my feelings and thoughts, as well as the feelings of those around me."

Spirituality
"I feel spiritual and believe in a sense of purpose or meaning in my life, and I see my place in the grand scheme of the universe and find meaning in everyday life."

Teamwork
"I am a helpful and contributing group and team member, and feel responsible for helping the team reach its goals."

Zest
"I feel vital and full of energy, I approach life feeling activated and enthusiastic."