

Wise  
**HUMBLE**  
*Happy Calm*  
 Lighthearted **OPEN** Joyful  
 Neat Fun FAIR JUST Safe AWARE  
 Willing *Listener Joyful* SECURE Flexible  
 Present Skillful Loving **STABLE** PLAYFUL Serene  
**POSITIVE PERSONAL VALUES**  
 Decisive Curious Healthy Friendly STRONG Orderly  
 CREATIVE Efficient *Talented* Value Life ACCURATE Tolerant  
 Punctual **Visionary Ambitious Powerful** Practical *Tranquil*  
 CONSCIOUS ORGANIZED *Delightful* Persistent Successful Generous **Spiritual**  
 Productive Purposeful DISCIPLINED Honorable Observant HUMOROUS INNOVATIVE  
**HARD WORKING** LAW ABIDING Communicator **Progressive Adventurous**  
 Courageous CHANGEABLE Resourceful Impeccable Competent Responsive Independent leader *Graceful*  
 Good Person Accountable Harmonious *Time Manager* **WHOLESOME** Reverent **IMMUNITIES**  
 Self-Improving *SELF-ASSESSING* Problem Solver Self-Respect **SELF-ESTEEM** *Accomplished*  
*Environmental Advocate* Detail Oriented Collaborative knowledgeable ENTHUSIASTIC Balanced

# STRENGTHS

Every Child Has Them / Every Family Has Them – FIND THEM

Personal Strengths	What It Means	Yep, that's me!
<b>Strengths of Wisdom and Knowledge</b> – strengths that bring about the gaining and use of knowledge		
1. Creativity, Ingenuity	The quality of being cleverly inventive or resourceful. You excel in finding new and different ways to solve problems and/or achieve your goals. You rarely settle for simply doing things the conventional way – more often you look to find better and more effective approaches.	
2. Curiosity	The desire to learn and know about anything and everything. You enjoy exploring and discovering and learning all kinds of new things.	
3. Open-mindedness	Thinking things through and examining them from all sides; weighing all evidence fairly. You don't quickly jump to conclusions but instead, carefully consider the evidence before making decisions. If the facts suggest you've been wrong in the past, you'll easily change your mind, because open-minded people don't care about being right as much as they enjoy learning something new.	
4. Love of Learning	Mastering new skills, topics, and bodies of knowledge whether on your own or formally. You love learning new things. You love being an expert and/or being in a position where your knowledge is valued by others.	
5. Wisdom	Being able to provide wise counsel to others. Others seek you out to draw on your ability to effectively solve problems and gain perspective. You have a way of looking at the world that makes sense and is helpful to yourself and to others.	
6. Resourcefulness	Able to deal skillfully and promptly with new situations, difficulties, etc. You look "outside the box" for solutions to your problems and have the ability to create something out of nothing.	
<b>Strengths of Courage</b> – Emotional strengths that involve the exercise of will to accomplish goals in the face of opposition, external and internal		
7. Courage, Bravery	Not shrinking from threat, challenge, difficulty, or pain. You will act on your convictions even when they are unpopular or dangerous.	
8. Persistence, Perseverance	Finishing what you start; persisting in a course of action in spite of obstacles. You are hard-working and prepared to take on difficult projects (and you finish them). You do what you say you will do and sometimes you do even more.	
9. Integrity, Honesty	Presenting yourself in a genuine way; taking responsibility for your feelings and actions. You are honest. You speak the truth and live uprightly. When tempted to lie, cheat or steal, you choose to act with integrity.	
10. Self-reliance	Confident of your ability to do what is necessary; able to depend on yourself. You can count on yourself to provide what is needed for survival and success.	

<b>Strengths of Humanity:</b> Interpersonal strengths that involve tending and befriending others.		
11. Love	Valuing close relations with others, in particular those in which sharing and caring are reciprocated. You place a high value on close and intimate relationships with others.	
12. Kindness, Generosity	Doing favors and good deeds for others. You gain pleasure from doing good things for others. In fact, your actions are often guided by other people's best interests. At the core of this particular strength is a strong belief in the worth of fellow human beings.	
13. Perception, Intuition	Being aware of the motives and feelings of other people as well as yourself. You have a good understanding of yourself and others. You are aware of your own moods and how to manage them. You're also very good at judging the moods of others and responding appropriately to their needs.	
<b>Strengths of Justice:</b> Strengths that underlie healthy community life.		
14. Loyalty, Teamwork	Working well as a member of a group. You are a great team player; you always contribute your share and work hard for the good and success of the group. You are faithful and reliable. Others know they can count on you no matter what.	
15. Fairness	Treating all people the same according to ideas of fairness and justice. You do not allow your personal feelings to bias your decisions about other people. You believe everyone deserves a fair chance. You are guided by your larger principles of morality.	
16. Leadership	Encouraging your group to get things done while maintaining good relations within the group. You are a good organizer and you are good at making things happen. Your confidence and efficiency inspire others to respond well to you so they follow your lead.	
17. Discretion	The quality of being discreet, especially with reference to one's own actions or speech; able to keep a secret and guard information shared with you confidentially.	
<b>Strengths of Temperance:</b> Strengths that protect against excess		
18. Self-control	Regulating what one feels and does; being disciplined; controlling one's appetites and emotions. You keep your desires, needs and impulses in check appropriately. As well as knowing what's correct, you're able to put this knowledge into action.	
19. Forgiveness, Mercy	Forgiving those who have done wrong or have hurt you, and letting go of the hurt; accepting the shortcomings of others as no worse than your own; giving people a second chance; not being vengeful.	
20. Humility, Modesty	Letting your accomplishments speak for themselves; not regarding yourself as more special than you are. You don't demand to be the center of attention and you do not demand praise for your accomplishments. You accept compliments and praise with genuine gratitude, not as things owed to you.	
21. Prudence, Foresight	Care caution, and good judgment, as well as wisdom in looking ahead. You're a careful person. You think things through before you act. You rarely say or do things you regret. You consider all options before embarking on any course of action. You look ahead and plan carefully, making sure long-term success takes precedence over shorter-term goals.	
<b>Strengths of Transcendence:</b> Strengths that forge connections to the larger universe and provide meaning to life		
22. Appreciation of beauty and excellence	Appreciating beauty, excellence, and/or skilled performance in various domains of life. You're one of those people who stop to smell the roses.	
23. Gratitude	Being aware of and thankful of the good things that happen; taking time to express thanks. You don't take the good things that happen to you for granted. You appreciate the goodness in others and take the time to thank them often.	
24. Hope, Optimism	Expecting the best in the future and working to achieve it. Your focus is on a positive future. You believe that if you set goals and work hard, good things will follow.	
25. Humor	Liking to laugh, play and tease; bringing smiles to other people; seeing the light side. You enjoy and are good at playing. You lighten tense situations with humor. People refer to you as "fun" and enjoy being around you.	
26. Spirituality, Faith	Having clear beliefs about your higher purpose, the meaning of life, and the meaning of the universe. You are aware of your position in the world and in the larger scheme of things. This awareness shapes your beliefs which shape your daily actions; your faith in a higher being is a strong source of comfort for you.	
27. Passion, Enthusiasm, Energy	Approaching life with excitement, enthusiasm and energy. You feel alive and eager to face the challenges of each day. You are energetic, spirited and passionate. You throw yourself, body and soul, into all activities you undertake.	

Youth/Child's Strengths:

Family Strengths: