



LESSON HANDOUT

Character Strength Dictionary

This dictionary contains 24 different character strengths that every person has. Read about each character strength and then finish the sentence.



APPRECIATION OF BEAUTY AND EXCELLENCE

- You see beauty and value in people and the world.
- You notice the beauty in small things.

I appreciate beauty and excellence when



BRAVERY

- When things get hard or scary, you are strong and push through.
- You speak up for what is right.

I was brave when



CONNECTION/PURPOSE

- You think about your own life purpose.
- You think about how everything in life is connected.

I am connected when



CREATIVITY

- You come up with new and unique ways to do things.
- People look to you for solutions.
- You are original.

I am creative when



CURIOSITY

- You love to ask questions and learn about everything.
- Some people call you nosy, but you just love to explore.
- You have interest in many things.

I am curious about

because



FAIRNESS

- You do not let your feelings rule how you judge others.
- You treat people according to how you want to be treated (the Golden Rule).

One time that I was fair was when



LESSON HANDOUT

Character Strength Dictionary (Continued)



FORGIVENESS

- You know all people (even you) make mistakes.
- You give people a second chance.

I once forgave

when they



GRATITUDE

- When good things happen, you notice them and are thankful.
- You make sure to thank others when they are kind.

One thing I am grateful for is



HONESTY

- You speak the truth.
- You are true to yourself and are authentic.
- You respond to the world based on what you truly believe inside.

I like being honest because



HOPE

- You are optimistic.
- You know that problems are temporary and your actions can solve them.
- You see good things in the future.

One thing I am hopeful for in the future is



HUMILITY

- You know when you are good at something but do not brag.
- You are modest.

I try to show humility about



HUMOR

- You like to make people smile and laugh.
- You enjoy funny things.

I show humor when



LESSON HANDOUT

Character Strength Dictionary (Continued)



KINDNESS

- You enjoy helping people.
- You are generous with your time and the things that you have.
- You care about others.

One time I showed kindness was



LEADERSHIP

- You organize group activities.
- You inspire people to do their best.
- You encourage people to get things done.

I show leadership when



LOVE

- You value close relationships.
- You enjoy giving and receiving love.

I have love for the following people in my life:



LOVE OF LEARNING

- You are always looking to learn more.
- Sometimes you look things up and get lost in the research.

I love learning about



OPEN-MINDEDNESS

- You are good at considering all perspectives of a situation before responding.
- You do not jump to conclusions.
- You are able to change your mind when given new information.

I am open-minded when



PERSEVERANCE

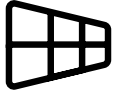
- You rarely give up, especially when things get tough.
- You finish what you start.

A time I persevered was when



LESSON HANDOUT

Character Strength Dictionary (Continued)



PERSPECTIVE

- You appreciate seeing many sides of situations and people.
- You give good advice.
- You can see the big picture.

I have good perspective because



SOCIAL INTELLIGENCE

- You know why people do the things they do.
- You are tuned in to people’s motives, moods and behaviors.

One time I used social intelligence was when



PRUDENCE

- You think about risks before making decisions.
- You are careful.
- You are cautious.

I am prudent when



TEAMWORK

- You can set your own goals and desires aside for the betterment of the group.
- You are loyal.
- You feel responsible for others in your group.

The last time I showed good teamwork was



SELF-REGULATION

- You can control your emotions and impulses.
- You think before you act.

I showed self-regulation when



ZEST

- You are enthusiastic.
- You make people feel energized and excited about life.

I have zest when
