



LESSON HANDOUT

What Are My Character Strengths?

Every person has all of the following 24 character strengths in varying degrees. For each of the 24 character strengths listed below, read the description and determine whether the description is definitely you, is mostly you, you do not know, is kind of you or is not you at all. Circle the best response.

Character Strength	Description	Is this me? (Circle one.)
 Appreciation of Beauty and Excellence	<ul style="list-style-type: none"> You see beauty and value in people and the world. You notice the beauty in small things. 	This is definitely me. This is mostly me. I do not know. This is kind of me. This is NOT me.
 Bravery	<ul style="list-style-type: none"> When things get hard or scary, you are strong and push through. You speak up for what is right. 	This is definitely me. This is mostly me. I do not know. This is kind of me. This is NOT me.
 Connection/Purpose	<ul style="list-style-type: none"> You think about your own life purpose. You think about how everything in life is connected. 	This is definitely me. This is mostly me. I do not know. This is kind of me. This is NOT me.
 Creativity	<ul style="list-style-type: none"> You come up with new and unique ways to do things. People look to you for solutions. You are original. 	This is definitely me. This is mostly me. I do not know. This is kind of me. This is NOT me.
 Curiosity	<ul style="list-style-type: none"> 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. 	This is definitely me. This is mostly me. I do not know. This is kind of me. This is NOT me.
 Fairness	<ul style="list-style-type: none"> 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). 	This is definitely me. This is mostly me. I do not know. This is kind of me. This is NOT me.



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What Are My Character Strengths? (Continued)

Character Strength	Description	Is this me? (Circle one.)
 Forgiveness	<ul style="list-style-type: none"> You know all people (even you) make mistakes. You give people a second chance. 	<p>This is definitely me.</p> <p>This is mostly me.</p> <p>I do not know.</p> <p>This is kind of me.</p> <p>This is NOT me.</p>
 Gratitude	<ul style="list-style-type: none"> When good things happen, you notice them and are thankful. You make sure to thank others when they are kind. 	<p>This is definitely me.</p> <p>This is mostly me.</p> <p>I do not know.</p> <p>This is kind of me.</p> <p>This is NOT me.</p>
 Honesty	<ul style="list-style-type: none"> You speak the truth. You are true to yourself and authentic. You respond to the world based on what you truly believe inside. 	<p>This is definitely me.</p> <p>This is mostly me.</p> <p>I do not know.</p> <p>This is kind of me.</p> <p>This is NOT me.</p>
 Hope	<ul style="list-style-type: none"> You are optimistic. You know that problems are temporary and your actions can solve them. You see good things in the future. 	<p>This is definitely me.</p> <p>This is mostly me.</p> <p>I do not know.</p> <p>This is kind of me.</p> <p>This is NOT me.</p>
 Humility	<ul style="list-style-type: none"> You know when you are good at something but do not brag. You are modest. 	<p>This is definitely me.</p> <p>This is mostly me.</p> <p>I do not know.</p> <p>This is kind of me.</p> <p>This is NOT me.</p>
 Humor	<ul style="list-style-type: none"> You like to make people smile and laugh. You enjoy funny things. 	<p>This is definitely me.</p> <p>This is mostly me.</p> <p>I do not know.</p> <p>This is kind of me.</p> <p>This is NOT me.</p>



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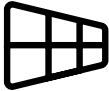




What Are My Character Strengths? (Continued)

<i>Character Strength</i>	<i>Description</i>	<i>Is this me? (Circle one.)</i>
 Kindness	<ul style="list-style-type: none"> You enjoy helping people. You are generous with your time and the things that you have. You care about others. 	<p>This is definitely me.</p> <p>This is mostly me.</p> <p>I do not know.</p> <p>This is kind of me.</p> <p>This is NOT me.</p>
 Leadership	<ul style="list-style-type: none"> You organize group activities. You inspire people to do their best. You encourage people to get things done. 	<p>This is definitely me.</p> <p>This is mostly me.</p> <p>I do not know.</p> <p>This is kind of me.</p> <p>This is NOT me.</p>
 Love	<ul style="list-style-type: none"> You value close relationships. You enjoy giving and receiving love. 	<p>This is definitely me.</p> <p>This is mostly me.</p> <p>I do not know.</p> <p>This is kind of me.</p> <p>This is NOT me.</p>
 Love of Learning	<ul style="list-style-type: none"> You are always looking to learn more. Sometimes you look things up and get lost in the research. 	<p>This is definitely me.</p> <p>This is mostly me.</p> <p>I do not know.</p> <p>This is kind of me.</p> <p>This is NOT me.</p>
 Open-Mindedness	<ul style="list-style-type: none"> 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. 	<p>This is definitely me.</p> <p>This is mostly me.</p> <p>I do not know.</p> <p>This is kind of me.</p> <p>This is NOT me.</p>
 Perseverance	<ul style="list-style-type: none"> You rarely give up—especially when things get tough. You finish what you start. 	<p>This is definitely me.</p> <p>This is mostly me.</p> <p>I do not know.</p> <p>This is kind of me.</p> <p>This is NOT me.</p>



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What Are My Character Strengths? (Continued)

Character Strength	Description	Is this me? (Circle one.)
 Perspective	<ul style="list-style-type: none"> You appreciate seeing all the sides of situations and people. You give good advice. You can see the “big picture.” 	<p>This is definitely me.</p> <p>This is mostly me.</p> <p>I do not know.</p> <p>This is kind of me.</p> <p>This is NOT me.</p>
 Prudence	<ul style="list-style-type: none"> You think about risks before making decisions. You are careful. You are cautious. 	<p>This is definitely me.</p> <p>This is mostly me.</p> <p>I do not know.</p> <p>This is kind of me.</p> <p>This is NOT me.</p>
 Self-Regulation	<ul style="list-style-type: none"> You can control your emotions and impulses. You think before you act. 	<p>This is definitely me.</p> <p>This is mostly me.</p> <p>I do not know.</p> <p>This is kind of me.</p> <p>This is NOT me.</p>
 Social Intelligence	<ul style="list-style-type: none"> You know why people do the things they do. You are tuned into people’s motives, moods and behaviors. 	<p>This is definitely me.</p> <p>This is mostly me.</p> <p>I do not know.</p> <p>This is kind of me.</p> <p>This is NOT me.</p>
 Teamwork	<ul style="list-style-type: none"> You can set your own goals and desires aside for the betterment of the group. You are loyal. You feel responsible for the people you are within a group. 	<p>This is definitely me.</p> <p>This is mostly me.</p> <p>I do not know.</p> <p>This is kind of me.</p> <p>This is NOT me.</p>
 Zest	<ul style="list-style-type: none"> You are enthusiastic. You make people feel energized and excited about life. 	<p>This is definitely me.</p> <p>This is mostly me.</p> <p>I do not know.</p> <p>This is kind of me.</p> <p>This is NOT me.</p>



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What Are My Character Strengths? (Continued)

SIGNATURE STRENGTHS (This is me.)

Handwriting lines for signature strengths

OCCASIONAL STRENGTHS (This is mostly me.)

Handwriting lines for occasional strengths



DISCUSSION QUESTIONS

- 1 Share your signature strengths. Are these strengths accurate? Why?
2 Share a time when something went well in your life because you used one of your signature strengths.
3 Share a time in your life when something went wrong and you could have used one of your signature strengths to help the situation.
4 Which strengths will you star as your top THREE strengths? Why?
5 Which character strengths do you want to improve upon? How will you practice them?