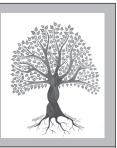
## MBSP Handout 5.2

## Session 5: Character Strengths 360



## Step 1

Below are 24 character strengths. Which of these <b>most strongly</b> describes who this person is and how they operate in their life? Check off those strengths that you <b>most clearly</b> see in them.
Creativity: ingenuity; sees & does things in new/unique ways; original & adaptive ideas
<b>Curiosity:</b> novelty-seeker; takes an interest; open to different experiences; asks questions
Judgment: critical thinker; analytical; logical; thinks things through
Love of Learning: masters new skills & topics; passionate about knowledge & learning
<b>Perspective:</b> wise; provides wise counsel; sees the big picture; integrates others' views
<b>Bravery:</b> valorous; does not shrink from fear; speaks up for what's right
Perseverance: persistent; industrious; overcomes obstacles; finishes what is started
Honesty: integrity; truthful; authentic
<b>Zest:</b> enthusiastic; energetic; vital; feels alive and activated
Love: gives and accepts love; genuine; values close relations with others
<b>Kindness:</b> generous; nurturing; caring; compassionate; altruistic; nice
<b>Social Intelligence:</b> aware of the motives and feelings of oneself & others, knows what makes other people tick
<b>Teamwork:</b> a team player; community-focused, socially responsible; loyal
<b>Fairness:</b> just; does not allow feelings to bias decisions about others
Leadership: organizes group activities; encourages and leads groups to get things done
<b>Forgiveness:</b> merciful; accepts others' shortcomings; gives people a second chance
<b>Humility:</b> modest; lets accomplishments speak for themselves; focuses on others

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Prudence: careful; wisely cautious; thinks before speaking; does not take undue risks
Self-Regulation: self-controlled; disciplined; manages impulses & emotions
Appreciation of Beauty & Excellence: awe; wonder; marvels at beauty & greatness
Gratitude: thankful for the good; expresses thanks; feels blessed
Hope: optimistic; future-minded; has a positive outlook
Humor: playful; enjoys joking and bringing smiles to others; lighthearted
Spirituality: religious and/or spiritual; practices a faith; purpose- & meaning-driven
Step 2
On the back of this page, give a brief rationale or example of how you have seen this person display each strength you checked off.

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