

MBSP Handout 5.2

Session 5:

Character Strengths 360



Step 1

Below are 24 character strengths. Which of these **most strongly** describes who this person is and how they operate in their life? Check off those strengths that you **most clearly** see in them.

- Creativity:** ingenuity; sees & does things in new/unique ways; original & adaptive ideas
- Curiosity:** 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
- Perspective:** wise; provides wise counsel; sees the big picture; integrates others' views
- Bravery:** 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
- Zest:** enthusiastic; energetic; vital; feels alive and activated
- Love:** gives and accepts love; genuine; values close relations with others
- Kindness:** generous; nurturing; caring; compassionate; altruistic; nice
- Social Intelligence:** aware of the motives and feelings of oneself & others, knows what makes other people tick
- Teamwork:** a team player; community-focused, socially responsible; loyal
- Fairness:** just; does not allow feelings to bias decisions about others
- Leadership:** organizes group activities; encourages and leads groups to get things done
- Forgiveness:** merciful; accepts others' shortcomings; gives people a second chance
- Humility:** modest; lets accomplishments speak for themselves; focuses on others

___ **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.