WORKSHEET 2: WHAT ARE MY CHARACTER STRENGTHS?

Please read the following descriptions of 24 positive character attributes given below. Select the **ONLY FIVE** you find most **often** characterize you by placing a check mark in the corresponding box.

lam moved deeply by beauty in nature, in art (e.g., painting, music, theatre, etc.) and/or in excellence in many fields of life. I consider myself to be a genuine and honest person, known to be trustworthy and act consistent with my values. I do not give up in face of hardship or challenge, even when I am afraid. I am good at thinking of new and better ways of doing things. I love to explore things, ask questions, and am open to different experiences and activities. I stand up for others when they are treated unfairly, bullied or ridiculed. I do not hold grudges, I forgive easily those who offend me. I express thankfulness for good things through words and actions. I hope and believe that more good things will happen than bad ones. I love to do kind acts for others, often without being asked. Others often choose me as a leader as I am known to lead well. Showing and receiving genuine love and affection come naturally to me. I love to learn many ideas, concepts, and facts in school or on my own. I don't like to be the center of attention and prefer others to shine. I am flexible and open-minded; I think through and examine all sides before deciding. I finish most things, even if get distracted; I am able to refocus and complete the task. Friends consult me regarding important matters as they consider me to be wise beyond my age. I man careful and cautious; I can anticipate risks and problems of my actions and respond accordingly. I believe in a higher power and participate in religious or spiritual practices (e.g., prayer, meditation, etc.) willingly. I manage my feelings and behaviours even in challenging situations; I generally follow rules and routines. I manage myself well in social situations and am known to have good interpersonal skills. I am an active community or team member, and contribute to the success of my group.		Description	Signature Strengths (SS)
consistent with my values. I do not give up in face of hardship or challenge, even when I am afraid. I am good at thinking of new and better ways of doing things. I love to explore things, ask questions, and am open to different experiences and activities. I stand up for others when they are treated unfairly, bullied or ridiculed. I do not hold grudges, I forgive easily those who offend me. I express thankfulness for good things through words and actions. I hope and believe that more good things will happen than bad ones. I love to do kind acts for others, often without being asked. Others often choose me as a leader as I am known to lead well. Showing and receiving genuine love and affection come naturally to me. I love to learn many ideas, concepts, and facts in school or on my own. I don't like to be the center of attention and prefer others to shine. I am flexible and open-minded; I think through and examine all sides before deciding. I finish most things, even if get distracted; I am able to refocus and complete the task. Friends consult me regarding important matters as they consider me to be wise beyond my age. I am careful and cautious; I can anticipate risks and problems of my actions and respond accordingly. I believe in a higher power and participate in religious or spiritual practices (e.g., prayer, meditation, etc.) willingly. I manage my feelings and behaviours even in challenging situations; I generally follow rules and routines. I manage myself well in social situations and am known to have good interpersonal skills. I am an active community or team member, and contribute to the success of my group.	1		
I am good at thinking of new and better ways of doing things. I love to explore things, ask questions, and am open to different experiences and activities. I stand up for others when they are treated unfairly, bullied or ridiculed. I do not hold grudges, I forgive easily those who offend me. I express thankfulness for good things through words and actions. I hope and believe that more good things will happen than bad ones. I am playful, funny and use humour to connect with others I love to do kind acts for others, often without being asked. Others often choose me as a leader as I am known to lead well. Showing and receiving genuine love and affection come naturally to me. I love to learn many ideas, concepts, and facts in school or on my own. I don't like to be the center of attention and prefer others to shine. I am flexible and open-minded; I think through and examine all sides before deciding. I finish most things, even if get distracted; I am able to refocus and complete the task. Friends consult me regarding important matters as they consider me to be wise beyond my age. I am careful and cautious; I can anticipate risks and problems of my actions and respond accordingly. I believe in a higher power and participate in religious or spiritual practices (e.g., prayer, meditation, etc.) willingly. I manage my feelings and behaviours even in challenging situations; I generally follow rules and routines. I manage myself well in social situations and am known to have good interpersonal skills. I am an active community or team member, and contribute to the success of my group.	2		
I love to explore things, ask questions, and am open to different experiences and activities. I stand up for others when they are treated unfairly, bullied or ridiculed. I do not hold grudges, I forgive easily those who offend me. I express thankfulness for good things through words and actions. I hope and believe that more good things will happen than bad ones. I hope and believe that more good things will happen than bad ones. I love to do kind acts for others, often without being asked. Others often choose me as a leader as I am known to lead well. Showing and receiving genuine love and affection come naturally to me. I love to learn many ideas, concepts, and facts in school or on my own. I don't like to be the center of attention and prefer others to shine. I am flexible and open-minded; I think through and examine all sides before deciding. I finish most things, even if get distracted; I am able to refocus and complete the task. Friends consult me regarding important matters as they consider me to be wise beyond my age. I am careful and cautious; I can anticipate risks and problems of my actions and respond accordingly. I believe in a higher power and participate in religious or spiritual practices (e.g., prayer, meditation, etc.) willingly. I manage my feelings and behaviours even in challenging situations; I generally follow rules and routines. I manage myself well in social situations and am known to have good interpersonal skills. I am an active community or team member, and contribute to the success of my group.	3	I do not give up in face of hardship or challenge, even when I am afraid.	
I stand up for others when they are treated unfairly, bullied or ridiculed. I do not hold grudges, I forgive easily those who offend me. I express thankfulness for good things through words and actions. I hope and believe that more good things will happen than bad ones. I hope and believe that more good things will happen than bad ones. I love to do kind acts for others, often without being asked. Others often choose me as a leader as I am known to lead well. Showing and receiving genuine love and affection come naturally to me. I love to learn many ideas, concepts, and facts in school or on my own. I don't like to be the center of attention and prefer others to shine. I am flexible and open-minded; I think through and examine all sides before deciding. I finish most things, even if get distracted; I am able to refocus and complete the task. Friends consult me regarding important matters as they consider me to be wise beyond my age. I am careful and cautious; I can anticipate risks and problems of my actions and respond accordingly. I believe in a higher power and participate in religious or spiritual practices (e.g., prayer, meditation, etc.) willingly. I manage my feelings and behaviours even in challenging situations; I generally follow rules and routines. I manage myself well in social situations and am known to have good interpersonal skills. I am an active community or team member, and contribute to the success of my group.	4	I am good at thinking of new and better ways of doing things.	
I do not hold grudges, I forgive easily those who offend me. I express thankfulness for good things through words and actions. I hope and believe that more good things will happen than bad ones. I hope and believe that more good things will happen than bad ones. I love to do kind acts for others, often without being asked. Others often choose me as a leader as I am known to lead well. Showing and receiving genuine love and affection come naturally to me. I love to learn many ideas, concepts, and facts in school or on my own. I don't like to be the center of attention and prefer others to shine. I am flexible and open-minded; I think through and examine all sides before deciding. I finish most things, even if get distracted; I am able to refocus and complete the task. Friends consult me regarding important matters as they consider me to be wise beyond my age. I am careful and cautious; I can anticipate risks and problems of my actions and respond accordingly. I believe in a higher power and participate in religious or spiritual practices (e.g., prayer, meditation, etc.) willingly. I manage my feelings and behaviours even in challenging situations; I generally follow rules and routines. I manage myself well in social situations and am known to have good interpersonal skills. I am an active community or team member, and contribute to the success of my group.	5	I love to explore things, ask questions, and am open to different experiences and activities.	
I express thankfulness for good things through words and actions. I hope and believe that more good things will happen than bad ones. I am playful, funny and use humour to connect with others I love to do kind acts for others, often without being asked. Others often choose me as a leader as I am known to lead well. Showing and receiving genuine love and affection come naturally to me. I love to learn many ideas, concepts, and facts in school or on my own. I don't like to be the center of attention and prefer others to shine. I am flexible and open-minded; I think through and examine all sides before deciding. I finish most things, even if get distracted; I am able to refocus and complete the task. Friends consult me regarding important matters as they consider me to be wise beyond my age. I am careful and cautious; I can anticipate risks and problems of my actions and respond accordingly. I believe in a higher power and participate in religious or spiritual practices (e.g., prayer, meditation, etc.) willingly. I manage my feelings and behaviours even in challenging situations; I generally follow rules and routines. I manage myself well in social situations and am known to have good interpersonal skills. I am an active community or team member, and contribute to the success of my group.	6	I stand up for others when they are treated unfairly, bullied or ridiculed.	
1 I hope and believe that more good things will happen than bad ones. 1 I am playful, funny and use humour to connect with others 1 I love to do kind acts for others, often without being asked. 1 Others often choose me as a leader as I am known to lead well. 3 Showing and receiving genuine love and affection come naturally to me. 1 I love to learn many ideas, concepts, and facts in school or on my own. 1 I don't like to be the center of attention and prefer others to shine. 1 I am flexible and open-minded; I think through and examine all sides before deciding. 1 I finish most things, even if get distracted; I am able to refocus and complete the task. Friends consult me regarding important matters as they consider me to be wise beyond my age. 1 I am careful and cautious; I can anticipate risks and problems of my actions and respond accordingly. 2 I believe in a higher power and participate in religious or spiritual practices (e.g., prayer, meditation, etc.) willingly. 2 I manage my feelings and behaviours even in challenging situations; I generally follow rules and routines. 2 I manage myself well in social situations and am known to have good interpersonal skills. 1 I am an active community or team member, and contribute to the success of my group.	7	I do not hold grudges, I forgive easily those who offend me.	
10 I am playful, funny and use humour to connect with others 11 I love to do kind acts for others, often without being asked. 12 Others often choose me as a leader as I am known to lead well. 13 Showing and receiving genuine love and affection come naturally to me. 14 I love to learn many ideas, concepts, and facts in school or on my own. 15 I don't like to be the center of attention and prefer others to shine. 16 I am flexible and open-minded; I think through and examine all sides before deciding. 17 I finish most things, even if get distracted; I am able to refocus and complete the task. 18 Friends consult me regarding important matters as they consider me to be wise beyond my age. 19 I am careful and cautious; I can anticipate risks and problems of my actions and respond accordingly. 20 I believe in a higher power and participate in religious or spiritual practices (e.g., prayer, meditation, etc.) willingly. 21 I manage my feelings and behaviours even in challenging situations; I generally follow rules and routines. 22 I manage myself well in social situations and am known to have good interpersonal skills. 23 I am an active community or team member, and contribute to the success of my group.	8	I express thankfulness for good things through words and actions.	
11 I love to do kind acts for others, often without being asked. 12 Others often choose me as a leader as I am known to lead well. 13 Showing and receiving genuine love and affection come naturally to me. 14 I love to learn many ideas, concepts, and facts in school or on my own. 15 I don't like to be the center of attention and prefer others to shine. 16 I am flexible and open-minded; I think through and examine all sides before deciding. 17 I finish most things, even if get distracted; I am able to refocus and complete the task. 18 Friends consult me regarding important matters as they consider me to be wise beyond my age. 19 I am careful and cautious; I can anticipate risks and problems of my actions and respond accordingly. 20 I believe in a higher power and participate in religious or spiritual practices (e.g., prayer, meditation, etc.) willingly. 21 I manage my feelings and behaviours even in challenging situations; I generally follow rules and routines. 22 I manage myself well in social situations and am known to have good interpersonal skills. 23 I am an active community or team member, and contribute to the success of my group.	9	I hope and believe that more good things will happen than bad ones.	
Others often choose me as a leader as I am known to lead well. Showing and receiving genuine love and affection come naturally to me. I love to learn many ideas, concepts, and facts in school or on my own. I don't like to be the center of attention and prefer others to shine. I am flexible and open-minded; I think through and examine all sides before deciding. I finish most things, even if get distracted; I am able to refocus and complete the task. Friends consult me regarding important matters as they consider me to be wise beyond my age. I am careful and cautious; I can anticipate risks and problems of my actions and respond accordingly. I believe in a higher power and participate in religious or spiritual practices (e.g., prayer, meditation, etc.) willingly. I manage my feelings and behaviours even in challenging situations; I generally follow rules and routines. I manage myself well in social situations and am known to have good interpersonal skills. I am an active community or team member, and contribute to the success of my group.	10	I am playful, funny and use humour to connect with others	
Showing and receiving genuine love and affection come naturally to me. I love to learn many ideas, concepts, and facts in school or on my own. I don't like to be the center of attention and prefer others to shine. I am flexible and open-minded; I think through and examine all sides before deciding. I finish most things, even if get distracted; I am able to refocus and complete the task. Friends consult me regarding important matters as they consider me to be wise beyond my age. I am careful and cautious; I can anticipate risks and problems of my actions and respond accordingly. I believe in a higher power and participate in religious or spiritual practices (e.g., prayer, meditation, etc.) willingly. I manage my feelings and behaviours even in challenging situations; I generally follow rules and routines. I manage myself well in social situations and am known to have good interpersonal skills. I am an active community or team member, and contribute to the success of my group.	11	I love to do kind acts for others, often without being asked.	
I love to learn many ideas, concepts, and facts in school or on my own. I don't like to be the center of attention and prefer others to shine. I am flexible and open-minded; I think through and examine all sides before deciding. I finish most things, even if get distracted; I am able to refocus and complete the task. Friends consult me regarding important matters as they consider me to be wise beyond my age. I am careful and cautious; I can anticipate risks and problems of my actions and respond accordingly. I believe in a higher power and participate in religious or spiritual practices (e.g., prayer, meditation, etc.) willingly. I manage my feelings and behaviours even in challenging situations; I generally follow rules and routines. I manage myself well in social situations and am known to have good interpersonal skills. I am an active community or team member, and contribute to the success of my group.	12	Others often choose me as a leader as I am known to lead well.	
 I don't like to be the center of attention and prefer others to shine. I am flexible and open-minded; I think through and examine all sides before deciding. I finish most things, even if get distracted; I am able to refocus and complete the task. Friends consult me regarding important matters as they consider me to be wise beyond my age. I am careful and cautious; I can anticipate risks and problems of my actions and respond accordingly. I believe in a higher power and participate in religious or spiritual practices (e.g., prayer, meditation, etc.) willingly. I manage my feelings and behaviours even in challenging situations; I generally follow rules and routines. I manage myself well in social situations and am known to have good interpersonal skills. I am an active community or team member, and contribute to the success of my group. 	13	Showing and receiving genuine love and affection come naturally to me.	
I am flexible and open-minded; I think through and examine all sides before deciding. I finish most things, even if get distracted; I am able to refocus and complete the task. Friends consult me regarding important matters as they consider me to be wise beyond my age. I am careful and cautious; I can anticipate risks and problems of my actions and respond accordingly. I believe in a higher power and participate in religious or spiritual practices (e.g., prayer, meditation, etc.) willingly. I manage my feelings and behaviours even in challenging situations; I generally follow rules and routines. I manage myself well in social situations and am known to have good interpersonal skills. I am an active community or team member, and contribute to the success of my group.	14	I love to learn many ideas, concepts, and facts in school or on my own.	
17 I finish most things, even if get distracted; I am able to refocus and complete the task. 18 Friends consult me regarding important matters as they consider me to be wise beyond my age. 19 I am careful and cautious; I can anticipate risks and problems of my actions and respond accordingly. 20 I believe in a higher power and participate in religious or spiritual practices (e.g., prayer, meditation, etc.) willingly. 21 I manage my feelings and behaviours even in challenging situations; I generally follow rules and routines. 22 I manage myself well in social situations and am known to have good interpersonal skills. 23 I am an active community or team member, and contribute to the success of my group.	15	I don't like to be the center of attention and prefer others to shine.	
Friends consult me regarding important matters as they consider me to be wise beyond my age. 19 I am careful and cautious; I can anticipate risks and problems of my actions and respond accordingly. 20 I believe in a higher power and participate in religious or spiritual practices (e.g., prayer, meditation, etc.) willingly. 21 I manage my feelings and behaviours even in challenging situations; I generally follow rules and routines. 22 I manage myself well in social situations and am known to have good interpersonal skills. 23 I am an active community or team member, and contribute to the success of my group.	16	I am flexible and open-minded; I think through and examine all sides before deciding.	
 age. I am careful and cautious; I can anticipate risks and problems of my actions and respond accordingly. I believe in a higher power and participate in religious or spiritual practices (e.g., prayer, meditation, etc.) willingly. I manage my feelings and behaviours even in challenging situations; I generally follow rules and routines. I manage myself well in social situations and am known to have good interpersonal skills. I am an active community or team member, and contribute to the success of my group. 	17	I finish most things, even if get distracted; I am able to refocus and complete the task.	
 accordingly. I believe in a higher power and participate in religious or spiritual practices (e.g., prayer, meditation, etc.) willingly. I manage my feelings and behaviours even in challenging situations; I generally follow rules and routines. I manage myself well in social situations and am known to have good interpersonal skills. I am an active community or team member, and contribute to the success of my group. 	18		
meditation, etc.) willingly. I manage my feelings and behaviours even in challenging situations; I generally follow rules and routines. I manage myself well in social situations and am known to have good interpersonal skills. I am an active community or team member, and contribute to the success of my group.	19		
routines. 22 I manage myself well in social situations and am known to have good interpersonal skills. 23 I am an active community or team member, and contribute to the success of my group.	20		
23 I am an active community or team member, and contribute to the success of my group.	21		
	22	I manage myself well in social situations and am known to have good interpersonal skills.	
24 I am energetic, cheerful and full of life.	23	I am an active community or team member, and contribute to the success of my group.	
	24	I am energetic, cheerful and full of life.	