

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.

	Description	Signature Strengths (SS)
1	I am moved deeply by beauty in nature, in art (e.g., painting, music, theatre, etc.) and/or in excellence in many fields of life.	
2	I consider myself to be a genuine and honest person, known to be trustworthy and act consistent with my values.	
3	I do not give up in face of hardship or challenge, even when I am afraid.	
4	I am good at thinking of new and better ways of doing things.	
5	I love to explore things, ask questions, and am open to different experiences and activities.	
6	I stand up for others when they are treated unfairly, bullied or ridiculed.	
7	I do not hold grudges, I forgive easily those who offend me.	
8	I express thankfulness for good things through words and actions.	
9	I hope and believe that more good things will happen than bad ones.	
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.	
24	I am energetic, cheerful and full of life.	