



## ACTIVITY

## Strength Spotting Tool

This tool is used in Chapter 7. Below are the 24 VIA character strengths.

Which of these most strongly describes someone you know? Check off those strengths that you most clearly see in them. Choose about five strengths and no more than seven. Reflect on what they have done and/or said that makes you check one of the strengths for them. Let them know what you see if you can.

**WISDOM:**

- \_\_\_\_\_ Creativity: ingenuity; sees & does things in new/unique ways; original and adaptive ideas
- \_\_\_\_\_ Curiosity: novelty-seeker; takes an interest; open to different experiences; asks questions
- \_\_\_\_\_ Open-mindedness & Judgment: critical thinker; analytical; logical; thinks things through
- \_\_\_\_\_ Love of learning: masters new skills & topics; passionate about knowledge & learning
- \_\_\_\_\_ Wisdom: wise; provides wise counsel; sees the big pictures; integrates others' views.

**COURAGE:**

- \_\_\_\_\_ Bravery: valorous; does not shrink from fear; speaks up for what's right
- \_\_\_\_\_ Perseverance: persistent; industrious; overcomes obstacles; finishes what is started
- \_\_\_\_\_ Authenticity, Integrity, & Honesty: integrity; truthful; authentic
- \_\_\_\_\_ Zest: enthusiastic; energetic; vital; feels alive and activated

**HUMANITY:**

- \_\_\_\_\_ Love: gives and accepts love; genuine; values close relations with others
- \_\_\_\_\_ Kindness: generous; nurturing; caring; compassionate; altruistic; nice
- \_\_\_\_\_ Social and/or Emotional Intelligence: aware of the motives and feelings of oneself & others, know what makes other people tick

**JUSTICE:**

- \_\_\_\_\_ Citizenship and/or Teamwork: a team player; community-focused, socially responsible; loyal
- \_\_\_\_\_ Fairness: acts upon principles of justice; does not allow feelings to bias decisions about others
- \_\_\_\_\_ Leadership: organizes group activities; encourages and leads groups to get things done

**TEMPERANCE:**

- \_\_\_\_\_ 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-control: self-controlled; disciplined; manages impulses & emotions

**TRANSCENDENCE:**

- \_\_\_\_\_ Appreciation of Beauty & Excellence: awe-filled; quickly moved to wonder; marvels at beauty & greatness
- \_\_\_\_\_ Gratitude: thanks for the good; expresses thanks; feels blessed
- \_\_\_\_\_ Optimism & Hope: optimistic; future-minded; has a positive outlook
- \_\_\_\_\_ Humor: playful; enjoys joking and bringing smiles to others; lighthearted
- \_\_\_\_\_ Meaning, Purpose, & Spirituality: meaning & purpose-driven, religious and/or spiritual