

Your Signature Strengths

Handout 1

	How much is the statement in quotes like you?				
	Not at all like me	A tiny bit like me	A little bit like me	Quite a bit like me	Exactly like me
1. CURIOSITY/INTEREST IN THE WORLD "I am always curious about the world."					
2. LOVE OF LEARNING "I am thrilled when I learn something new."					
3. JUDGMENT/CRITICAL THINKING/OPEN-MINDEDNESS "When the topic calls for it, I can be a highly rational thinker."					
4. INGENUITY/ORIGINALITY/PRACTICAL INTELLIGENCE/ STREET SMARTS "I like to think of new ways to do things."					
5. SOCIAL INTELLIGENCE/PERSONAL INTELLIGENCE/ EMOTIONAL INTELLIGENCE "No matter what the social situation, I am able to fit in."					
6. PERSPECTIVE "I am always able to look at things and see the big picture."					
7. VALOR AND BRAVERY "I have taken frequent stands in the face of strong opposition."					
8. PERSEVERANCE/INDUSTRY/DILIGENCE "I always finish what I start."					
9. INTEGRITY/GENUINENESS/HONESTY "I always keep my promises."					
10. KINDNESS AND GENEROSITY "I have voluntarily helped a neighbor in the last month."					
11. LOVING AND ALLOWING ONESELF TO BE LOVED "There are people in my life who care as much about my feelings and well-being as they do about their own."					
12. CITIZENSHIP/DUTY/TEAMWORK/LOYALTY "I work at my best when I am in a group."					
13. FAIRNESS AND EQUITY "I treat all people equally regardless of who they might be."					
14. LEADERSHIP "I can always get people to do things together without nagging them."					
15. SELF-CONTROL "I control my emotions."					

	How much is the statement in quotes like you?				
	Not at all like me	A tiny bit like me	A little bit like me	Quite a bit like me	Exactly like me
16. PRUDENCE/DISCRETION/CAUTION "I avoid activities that are physically dangerous."					
17. HUMILITY AND MODESTY "I change the subject when people pay me compliments."					
18. APPRECIATION OF BEAUTY AND EXCELLENCE "In the last month, I have been thrilled by excellence in music, art, drama, film, sport, science or mathematics."					
19. GRATITUDE "I always say thank you, even for little things."					
20. HOPE/OPTIMISM/FUTURE-MINDEDNESS "I always look on the bright side."					
21. SPIRITUALITY/SENSE OF PURPOSE/FAITH/RELIGIOUSNESS "My life has a strong purpose."					
22. FORGIVENESS AND MERCY "I always let bygones be bygones."					
23. PLAYFULNESS AND HUMOR "I always mix work and play as much as possible."					
24. ZEST/PASSION/ENTHUSIASM "I throw myself into everything I do."					

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