

What Strengths Will You Use Today?



Mindfulness
I am present and fully engaged in the moment.



Appreciation of Beauty
I value and respect the unique qualities in everything I see around me.



Bravery
I take on challenges and speak up for what is right.



Creativity
I can think of lots of ways to solve problems and use my imagination.



Curiosity
I explore the world around me with an open mind and ask questions often.



Fairness
I believe everyone should have the same opportunities.



Forgiveness
I believe that everyone deserves a second chance. I can let things go.



Friendship
I get along well with others and my friends can count on me.



Gratitude
I appreciate the good things that happen to me.



Honesty
I am open and truthful.



Hope
I feel positive when I think about the future.



Humility
I let my accomplishments speak for themselves.



Humor
I like bringing a smile to others.



Judgment
I am open-minded and think through my decisions.



Kindness
I am helpful and nice to others.



Leadership
People value my opinion and look to me for direction.



Love
I value my close relationships with others.



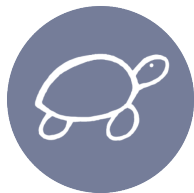
Love of Learning
I get excited about discovering new things.



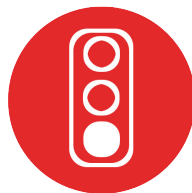
Perseverance
I work hard to achieve my goals and don't give up.



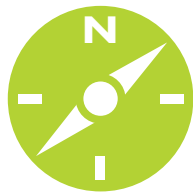
Perspective
I can see other people's points of view and offer good advice.



Prudence
I carefully and thoughtfully approach situations I encounter.



Self-Control
I can stop, wait and manage my emotions.



Sense of Meaning
I can discover my purpose and place in the world.



Teamwork
I like being part of a team and doing my share.



Zest
I approach daily life with energy and excitement.