



# High School

Name:

Date:

## Character Strengths

*Look at the different categories, think about the descriptors you can relate to and provide an example for how you show that strength.*

Category	Characteristics	Your Examples
<b>Courage</b>	<ul style="list-style-type: none"><li>• Shows bravery</li><li>• Has persistence and perseverance</li><li>• Is honest and has integrity</li><li>• Shows enthusiasm, zest, vigor, or energy</li></ul>	
<b>Justice</b>	<ul style="list-style-type: none"><li>• Is socially responsible</li><li>• Can be a leader and also works as a team</li><li>• Shows fairness</li><li>• Practices good citizenship</li></ul>	
<b>Transcendence</b>	<ul style="list-style-type: none"><li>• Shows gratitude</li><li>• Has hope and optimism</li><li>• Is humorous and playful</li><li>• Appreciates beauty and wonder</li><li>• Has purpose</li></ul>	
<b>Humanity</b>	<ul style="list-style-type: none"><li>• Feels love</li><li>• Shows kindness, compassion, and caring</li><li>• Is generous</li><li>• Shows social/emotional intelligence</li></ul>	
<b>Temperance</b>	<ul style="list-style-type: none"><li>• Can forgive and show mercy</li><li>• Has humility and is modest</li><li>• Exercises self-control</li><li>• Is prudent and cautious</li></ul>	
<b>Wisdom and Knowledge</b>	<ul style="list-style-type: none"><li>• Shows creativity</li><li>• Is curious and open-minded</li><li>• Has a love of learning</li><li>• Shows perspective</li></ul>	