

Showing Approval⁶

Begin with Character

Begin with this list of character traits; think about your loved one, and review this list. Select up to (but no more than) three character traits that you see in your loved one.

Wisdom and Knowledge:

- Creativity (Originality, adaptability)
- Curiosity (Interest in new things, openness to experience)
- Judgement (Thinking critically, taking the big picture)
- Love of Learning (Mastering new skills, adding to knowledge)
- Perspective (Understanding the world from different viewpoints)

Courage:

- Bravery (Facing fear and adversity)
- Perseverance (Not giving up, staying with tasks)
- Honesty (Being authentic and truthful)
- Enthusiasm (Being excited and positive)
- Zest (Living life with passion and vigor)

Humanity:

- Kindness (Being compassionate and generous)
- Love (Valuing close relationships)
- Social Intelligence (Understanding people's feelings and motives)

Justice:

- Fairness (Treating others justly and equitably)
- Leadership (Inspiring and guiding others)
- Teamwork (Contributing to a group effort)

Temperance:

- Forgiveness (Letting go of grievances)
- Humility (Being modest and not seeking attention)
- Prudence (Making wise choices and planning for the future)
- Self-Regulation (Controlling impulses and emotions)

Transcendence:

- Appreciation of Beauty and Excellence (Noticing and appreciating beauty)
- Gratitude (Being thankful for good things)
- Hope (Looking forward to the future with optimism)
- Humor (Finding the funny side of things)
- Faith/Spirituality (Feeling a sense of purpose and connection to something greater)

⁶ Adapted from Focus on the Family. (2015). 5 elements of Biblical blessing. Retrieved from <http://www.theblessing.com/html/overview.html>.; VIA Institute on Character. (2025). Find your 24 character strengths | Personal strengths list | VIA institute | VIA institute. VIA Character Strengths Survey & Character Reports | VIA Institute. <https://www.viacharacter.org/character-strengths>

Showing Approval (cont)

Character Trait 1: _____

Example: You exhibited this character trait when

Value and Meaning: This element of your character is important to me because

Word Picture: The picture/metaphor/story that this reminds me of is (because)

Commitment: You are important to me, and I value our relationship, so I will/want to

Character Trait 2: _____

Example: You exhibited this character trait when

Value and Meaning: This element of your character is important to me because

Word Picture: The picture/metaphor/story that this reminds me of is (because)

Commitment: You are important to me, and I value our relationship, so I will/want to

Character Trait 3: _____

Example: You exhibited this character trait when

Value and Meaning: This element of your character is important to me because

Word Picture: The picture/metaphor/story that this reminds me of is (because)

Commitment: You are important to me, and I value our relationship, so I will/want to