



# THE RESILIENCE READER

## CHAPTER 13: CHARACTER STRENGTHS

Competency: Strengths of Character

CHARACTER STRENGTHS TEST FOUND AT:

[HTTPS://WWW.VIACHARACTER.ORG/SURVEY/ACCOUNT/REGISTER](https://www.viacharacter.org/survey/account/register)

GET YOUR PARENTS PERMISSION!

*Signature*

## **CHARACTER STRENGTHS**

What is right with you? Circle 10 strengths that you value

Appreciation of excellence and beauty

Bravery and valor

Curiosity and interest in the world

Capacity to love and be loved

Caution, prudence, and discretion

Citizenship, teamwork, loyalty

Creativity, originality, Ingenuity

Forgiveness and Mercy

Fairness, equity, and Justice

Honesty, Authenticity, and Genuineness

Gratitude

Hope, Optimism, and Future Mindedness

Humor and Playfulness

Industry and Diligence

Judgement, Critical Thinking,  
and Open Mindedness

Kindness and Generosity

Love of learning

Leadership

Modesty and Humility

Perspective and Wisdom

Self Control and Self  
Regulation

Spirituality, sense of purpose, faith

Social Intelligence

Zest, enthusiasm, and  
energy

**OF THOSE 10 STRENGTHS LIST 6-8 YOU HAVE USED THIS LAST WEEK.**

**LIST 3- 5 NO ONE HAS TO REMIND YOU TO USE**

**YOUR TOP 5 STRENGTHS ARE CONSIDERED YOUR**

*Signature*

**CHARACTER STRENGTHS**

You can strengthen your effectiveness in a variety of performances with school, work, social life, etc. when you know and use your Signature Character Strengths

# RESILIENCE REFLECTION

## CHARACTER STRENGTHS

### Lesser Strengths or Weaknesses

Character Strengths that fall on the "bottom" of our strengths list, ones that we have to actively try at in order to act them out.

Weakness as a strength is one we don't utilize regularly.

You can still value a  
"lesser strength" or weakness,  
but you have to work harder  
to act them out.

## **CHARACTER STRENGTHS** "Lesser Strengths" or Weaknesses

Circle 5 Character strengths that you consider to be "Lesser strengths" or Weaknesses.

Appreciation of excellence and beauty

Bravery and valor

Curiosity and interest in the world

Capacity to love and be loved

Caution, prudence, and discretion

Citizenship, teamwork, loyalty

Creativity, originality, Ingenuity

Forgiveness and Mercy

Fairness, equity, and Justice

Honesty, Authenticity, and Genuineness

Gratitude

Hope, Optimism, and Future Mindedness

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Kindness and Generosity

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of these "lesser strengths" or weaknesses, which ones do you value and want to work on?