

Strengthening Strengths: Bringing Out the Best in You

Wisdom and Knowledge	Courage	Humanity	Justice	Temperance	Transcendence
Creativity	Bravery	Love	Teamwork	Forgiveness	Appreciation of beauty
Curiosity	Perseverance	Kindness	Fairness	Humility	Gratitude
Perspective	Honesty	Social Intelligence	Leadership	Prudence	Hope/Spirituality
Love of learning	Zest			Self-regulation	Humor

<u>Your</u> Top Five Signature Strengths	Examples of Past Uses of Your Strengths	Potential New Applications of Your Strengths at Work/Home