

Love

Valuing close relationships with others, especially when trust and affection are reciprocated.



Love of Learning

Enjoying learning new things, whether in a classroom or on one's own.



Appreciation of Beauty and Excellence

Noticing and appreciating beauty and excellence in all areas of life: nature, art, ideas, or people.



Teamwork

Excelling at working as part of a team. Always doing one's fair share and working hard for the success of the group.



Bravery

Acting according to one’s convictions without backing down in the face of obstacles, challenges, difficulties, or pain.



Creativity

Always thinking of new or different ways of doing things.



Curiosity

Enjoying exploration and discovery. Being interested in everything.



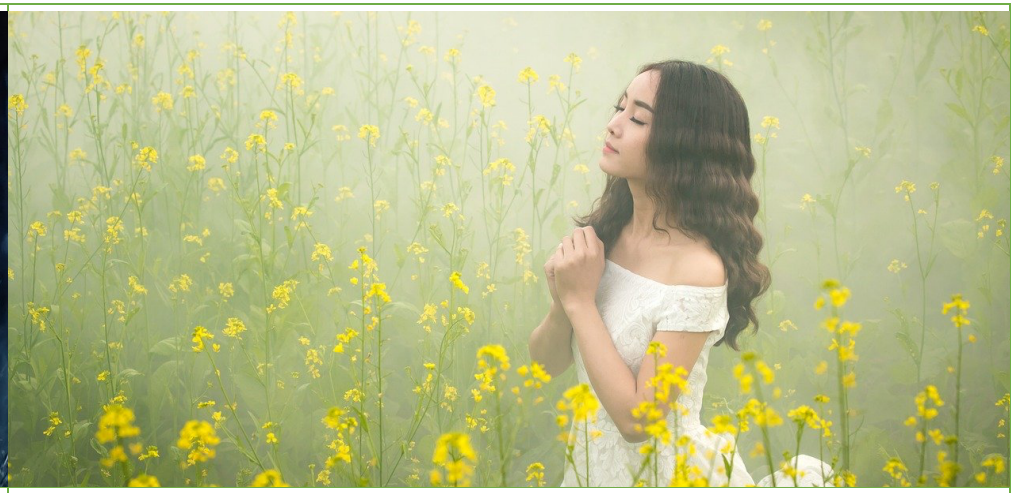
Hope

Expecting the best and actively working toward it. Setting goals and finding ways to achieve them.



Kindness

Enjoying doing good things for people, even for those one does not know well.



Gratitude

Being aware of the good things that happen and always taking the time to express appreciation.



Humor

Enjoying laughter, teasing, and bringing joy and good humor to others. Trying to see the positive side of every situation.



Integrity

Being honest, not only by telling the truth, but by living one's life in a sincere and authentic way.



Social Intelligence

Understanding others easily and knowing how to make them feel comfortable. Fitting effortlessly into groups.



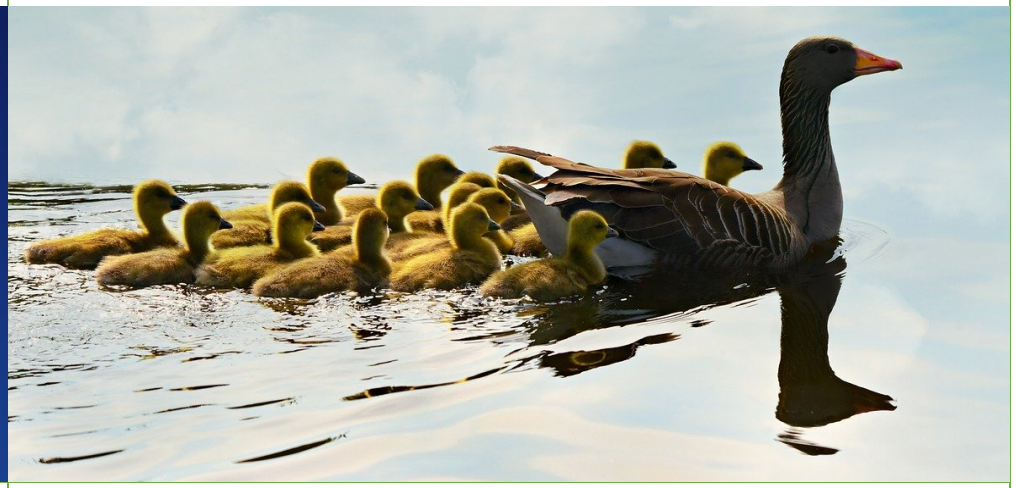
Zest

Approaching every task with passion and energy. Seeing life as an adventure.



Fairness

Striving to always be fair, without allowing personal feelings to influence decisions about others.



Leadership

Being skilled at leading a group toward the completion of a task while making sure that everyone feels that they belong.



Self-Regulation

Having control over one's thoughts, emotions, and actions, rather than being controlled by them.



Humility

Not seeking the spotlight and letting one's actions speak for themselves.



Open-Mindedness

Avoiding hasty conclusions and taking the time to consider things from multiple perspectives.



Forgiveness

Forgiving those who have wronged us rather than seeking revenge and giving people a second chance.



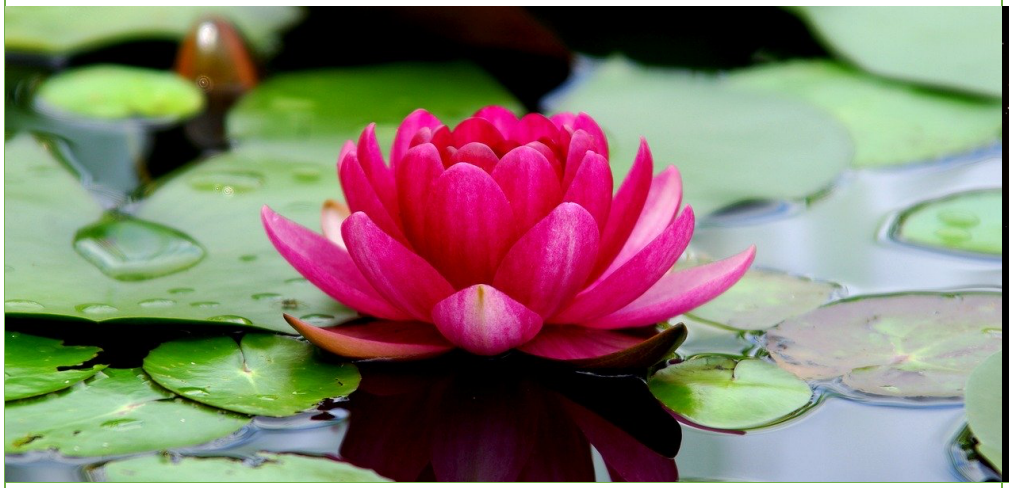
Perseverance

Not being easily distracted from one's work and feeling satisfied when goals are achieved.



Prudence

Avoiding doing or saying things that one might regret later.



Wisdom

Being able to take a broader perspective on things and being a source of guidance when people need advice.



Spirituality

Having strong beliefs about the purpose of existence and one's place in the universe and being guided by these beliefs.

NOT AT ALL

A LITTLE

A LOT

Peterson & Seligman's Character Strengths
- Cards Sort

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Instructions: see Chapiter 5.5 of the book
Mapping Career Counseling Interventions