



Please read the following descriptions of 24 positive character attributes given below. Select the ONLY FIVE (no less, no more) you and characterize me best by placing a check mark in the corresponding box.

Wisdom & Knowledge – strengths which involve acquiring and using knowledge	
<input type="checkbox"/>	Creativity: Thinking of novel and productive ways to do things
<input type="checkbox"/>	Curiosity: Openness to experience: Taking an interest in all of ongoing experience
<input type="checkbox"/>	Open-mindedness: Thinking things through and examining them from all sides
<input type="checkbox"/>	Love of learning: Mastering new skills, topics, and bodies of knowledge
<input type="checkbox"/>	Perspective: Being able to provide wise counsel to others
Courage – emotional strengths which involve exercise of will to accomplish goals in the face of opposition, external or internal	
<input type="checkbox"/>	Bravery: Not shrinking from threat, challenge, or pain
<input type="checkbox"/>	Persistence: Finishing what one starts, persisting in a group of actions in spite of obstacles
<input type="checkbox"/>	Integrity: Speaking the truth and presenting oneself in a genuine way
<input type="checkbox"/>	Vitality/Zest: Approaching life with excitement and energy; not doing things half-way or half-heartedly, living life as an adventure; feeling alive and activated
Humanity – interpersonal strengths that involve tending and befriending others	
<input type="checkbox"/>	Love: Valuing close relations with others, in particular those in which sharing and caring are reciprocated; being close to people
<input type="checkbox"/>	Kindness: Doing favours and good deeds for others; helping them; taking care of them
<input type="checkbox"/>	Social intelligence: Being aware of the motives and feelings of self and others; knowing what to do to fit into different social situations; knowing what makes other people tick
Justice – strengths that underlie healthy community life	
<input type="checkbox"/>	Citizenship: Working well as member of a group or team; being loyal to the group; doing one's share
<input type="checkbox"/>	Fairness: Treating all people the same according to notions of fairness and justice; not letting personal feelings bias decisions about others; giving everyone a fair chance
<input type="checkbox"/>	Leadership: Encouraging a group of which one is a member to get things done and at the same time maintain good relations within the group; organizing group activities and seeing that they happen
Temperance – Strengths that protect against excess	
<input type="checkbox"/>	Forgiveness & Mercy: Forgiving those who have done wrong; accepting the shortcomings of others; giving people a second chance; not being vengeful
<input type="checkbox"/>	Humility/Modesty: Letting one's accomplishments speak for themselves; not seeking the spotlight; not regarding oneself as more special than one is
<input type="checkbox"/>	Prudence: Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted
<input type="checkbox"/>	Self-regulation [self-control]: Regulating what one feels and does; being disciplined; controlling one's appetites and emotions
Transcendence – Strengths that forge connections to the larger universe and provide meaning	
<input type="checkbox"/>	Appreciation of beauty and excellence: Noticing and appreciating beauty, excellence, and/or skilled performance in all domains of life, from nature to arts to mathematics to science.
<input type="checkbox"/>	Gratitude: Being aware of and thankful for the good things; taking time to express thanks
<input type="checkbox"/>	Hope/Optimism: Expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about
<input type="checkbox"/>	Humour/Playfulness: Liking to laugh and tease; bringing smiles to other people, seeing the light side; making (not necessarily telling) jokes
<input type="checkbox"/>	Spirituality: Knowing where one fits within the larger scheme; having coherent beliefs about the higher purpose and meaning of life that shape conduct and provide comfort