

Will you be there for me when things go... *RIGHT?*

<p><u>Active constructive</u> Supportive, elaborates, specific, energizing</p>	<p>Active Destructive Negative, enthusiasm zapper, defeating</p>
<p>Passive Constructive Positive but minimal reaction</p>	<p>Passive Destructive Minimal or no reaction/response</p>



About Strengths - Discussion Ideas

Many of us are pretty good at talking about our weaknesses. But what about our strengths?

By becoming more familiar with our strengths and our core values, we are far more likely to find satisfaction in our lives. We are happier, we like our work (or school) better and we are more energized when our activities are in line with our strengths.

How well do you really know your strengths and how to make the most of them?

You will find information about the benefits of identifying and using strengths at several websites, including viacharacter.org and focusonstrengths.com. You'll also find inspiration by reading strengths stories from others and by sharing your own at StrengthsStories.com.

Listed below are the 24 universally recognized Signature Strengths and Virtues identified by the Values in Action Institute (VIA). You can read much more about each strength and even take a survey to identify your own at : www.viacharacter.org

Creativity

Curiosity

Open-Mindedness

Love of Learning

Perspective

Bravery

Persistence

Integrity

Vitality

Love (and be loved)

Kindness

Social Intelligence

Citizenship

Fairness

Leadership

Forgiveness and Mercy

Humility and Modesty

Prudence

Self-Regulation

Appreciation of Beauty and

Excellence

Gratitude

Hope, Optimism

Humor

Spirituality