CHARACTER STRENGTHS





ESPECT

GRATITUDE Being thankful, even for the little things.

EMPATHY Understanding peoples feelings and desiring to help.

LISTENING Paying attention to what someone has to say and acting on it.

TRUST Relying on others and being reliable.



ESPONSIBILITY

DECISIVENESS The ability to make decisions quickly and effectively.

ENTHUSIASM Ready and keen to learn all there is to know, to contribute and enjoy.

KIND/CARING Taking care of yourself and others.

OPEN MINDEDNESS To compromise, try new things or to hear and consider new ideas.

R

ESOURCEFULNESS

CREATIVITY/IMAGINATION Forming new ideas and thinking outside the box.

CURIOSITY Eager to know or learn something, not being afraid to ask questions.

PROBLEM-SOLVING Creating or finding a solution to a problem/issue.

REASONING Think, understand, and form ideas logically and being able to express them.

USING RESOURCES Utilising available materials to their fullest potential.

R

ECIPROCITY

COLLABORATION Being an active member of a group that works together to achieve a common goal.

COMMUNICATION Simply the act of transferring information from one place, person or group to another.

ENCOURAGING Giving others support and confidence that you believe in them.

IMITATION Using something or someone as a model to learn from.

NEIGHBOURLINESS Being a good citizen and appreciating your local community whilst desiring to make it better.

TEAM WORK Working within a group and contributing individual skills.



ESILIENCE

CONCENTRATION The act of focussing your attention. The art of not being distracted.

CONFIDENCE Believing in yourself and your abilities. Not being shy of trying.

COURAGE To not be afraid to do the right thing, even if it is difficult.

PERSEVERANCE Carrying on through difficulties or setbacks.

SELF-CONTROL Managing distraction and choosing your own behaviour.



EFLECTION

EVALUATION Reflect on your efforts and achievements, both positive & negative.

HONESTY Being truthful, even about your own performance and following rules.

SELF-DIRECTION Making your own decisions and being driven by your own goals.