

## STRENGTH SPOTTING CARD SORT

<p style="text-align: center;"><b>Appreciating beauty</b></p> <p>I appreciate art, music, painting, dance, or other expressions of beauty.</p>	<p style="text-align: center;"><b>Capacity for love</b></p> <p>I can express and receive love.</p>	<p style="text-align: center;"><b>Teamwork</b></p> <p>I'm good at working with a group.</p>
<p style="text-align: center;"><b>Capacity for friendship</b></p> <p>I can be a good friend to others.</p>	<p style="text-align: center;"><b>Curiosity</b></p> <p>I find the world a very interesting place and like to be involved in new things.</p>	<p style="text-align: center;"><b>Being fair</b></p> <p>I admit when I'm wrong and try to treat all people equally.</p>
<p style="text-align: center;"><b>Forgiving</b></p> <p>I don't try to get even. I accept that my friends and loved ones will be imperfect.</p>	<p style="text-align: center;"><b>Being grateful</b></p> <p>I express gratitude and I'm thankful.</p>	<p style="text-align: center;"><b>Hope</b></p> <p>I believe I can achieve my goals.</p>
<p style="text-align: center;"><b>Humor</b></p> <p>I use humor to brighten others' day. I try to add humor to whatever I do.</p>	<p style="text-align: center;"><b>Persistence</b></p> <p>I keep doing what I think is important even when things get difficult or I fail.</p>	<p style="text-align: center;"><b>Honesty</b></p> <p>I tell people what I care about, keep promises, and don't lie.</p>
<p style="text-align: center;"><b>Careful judgment</b></p> <p>I think things through and make decisions after I have all the facts.</p>	<p style="text-align: center;"><b>Kindness</b></p> <p>I help friends, go out of my way to cheer others up, and love to make others happy.</p>	<p style="text-align: center;"><b>Leadership</b></p> <p>I'm able to take charge and help a group work well together.</p>
<p style="text-align: center;"><b>Love of learning</b></p> <p>I love to learn and grow.</p>	<p style="text-align: center;"><b>Humility</b></p> <p>I don't act as if I'm special, don't brag, and am humble about good things that have happened to me.</p>	<p style="text-align: center;"><b>Creativity</b></p> <p>I like to come up with new ideas and new ways of doing things.</p>

<p style="text-align: center;"><b>Wisdom</b></p> <p>I don't lose sight of what's really important in life.</p>	<p style="text-align: center;"><b>Carefulness</b></p> <p>I avoid unnecessary risks and think before I speak.</p>	<p style="text-align: center;"><b>Self-control</b></p> <p>I'm highly disciplined and able to stick to my goals despite temptations to abandon them.</p>
<p style="text-align: center;"><b>Social intelligence</b></p> <p>I can fit into different situations, and I'm good at sensing what others are feeling.</p>	<p style="text-align: center;"><b>Spirituality</b></p> <p>I believe in a universal power or God, and I keep my faith even during hard times.</p>	<p style="text-align: center;"><b>Courage</b></p> <p>I'm able to do what I think is important, even when I feel fear, uncertainty, or intimidation.</p>
<p style="text-align: center;"><b>Enthusiasm</b></p> <p>I love what I do and can't wait to get started on projects.</p>	<p style="text-align: center;"><b>Perspective taking</b></p> <p>I see things from different viewpoints, and I can take other peoples' perspective.</p>	<p style="text-align: center;"><b>Discovery</b></p> <p>I love to try new things and explore possibilities.</p>
<p style="text-align: center;"><b>Noticing inside</b></p> <p>I'm usually aware of what I'm feeling and thinking.</p>	<p style="text-align: center;"><b>Noticing outside</b></p> <p>I notice what's going on outside me and the consequences of my actions on others.</p>	<p style="text-align: center;"><b>Self-kindness</b></p> <p>When I don't live up to my expectations, I'm able to forgive myself and recommit to my goals.</p>
<p style="text-align: center;"><b>Willingness</b></p> <p>I choose to do what I care about even when I have difficult feelings, such as sadness, anger, insecurity, or low motivation.</p>	<p style="text-align: center;"><b>Inner Balance</b></p> <p>Difficult thoughts and feelings don't push me around. I can have self-doubt and fear and still work toward success.</p>	<p style="text-align: center;"><b>Workability focus</b></p> <p>I focus on doing what works—acting in a way that makes my life better.</p>