



## My Character Strengths

There are five spaces between each of the following pairs of characteristics. The five spaces are meant to let you make the choices that are less extreme than the end choices. For each pair, mark one of the five spaces. Use the middle space only if you feel completely neutral about that characteristic.

	1	2	3	4	5	
I am pushy	—	—	—	—	—	I am not pushy.
I don't depend on others.	—	—	—	—	—	I depend on others.
I show feelings	—	—	—	—	—	I don't show feelings.
I go along with Others.	—	—	—	—	—	I try to control others.
I get excited easily	—	—	—	—	—	I don't get excited easily.
I take part in Activities	—	—	—	—	—	I don't take part in activities.
I want to win when I compete with others	—	—	—	—	—	I don't care whether I win
I make sense	—	—	—	—	—	I don't make sense.
I keep things to Myself	—	—	—	—	—	I share information with others.
I let people know what's on my mind in a roundabout way	—	—	—	—	—	I say what's on my mind directly to people.
I am willing to try new things	—	—	—	—	—	I don't like to try new things.

I know I can do it	—	—	—	—	—	I am not sure I can do it.
I work to get ahead	—	—	—	—	—	I let things happen.
I am talkative	—	—	—	—	—	I am not talkative.
I easily get my feelings hurt	—	—	—	—	—	I don't easily get my feelings hurt.
I am neat	—	—	—	—	—	I am sloppy.
I am loud	—	—	—	—	—	I am quiet.

Now list 10 of your character strengths, as you see them, using the above activity as a guide.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.