

BRANCHES: GROWING CHARACTER STRENGTHS

Write six character strengths you have.
They can be strong or they can be something you would like to be stronger.

1. _____
2. _____
3. _____

4. _____
5. _____
6. _____

From these, choose three you are most proud of and answer the questions below.

Character Strength	Where did this strength come from? <small>(Who in your life is a great example of this or what experience led you to value it?)</small>	How can you "grow" this strength and/or keep it strong? Give a specific example of something you can do. <small>(Practicing it, sharing it with others, etc.)</small>

