



TRUNK: FAMILY, FRIENDS, HEROES

Where do we “catch” character strengths? They are all around us; we see them every day in others, and we adapt and adopt them without realizing it.

1. Write the names of two family members you admire, then list two character strengths that describe each of them.
2. Write the names of two of your friends who make you feel good about yourself, then list two character strengths that describe each of them.
3. Write the names of two heroes or superheroes you like reading about or watching, then list two character strengths that describe each of them.
4. Now look at your lists—you should have 12 character strengths listed. Circle any that are listed more than once, then consider these possibilities and check any of these statements that are true for you:
 - These strengths are important to me.
 - I seem to be drawn to people who show these strengths.
 - I admire these strengths and want to grow them in myself.
 - I hope other people would use some of these words to describe me.
5. Can you think of any other strengths that are also important to you?

Jostens[®]