

Character Strengths Inventory Handout

Draw 0 to 3 stars after each statement to show your level of agreement (never, sometimes, usually, always). Then turn to the last page to find out what those results reveal about you.

1. I encourage and appreciate good work from others.
2. I am good at getting along with all sorts of people.
3. I lead by example, doing what I ask others to do.
4. As a leader, I make sure to set up a safe and trusting environment.
5. I encourage people to communicate their different opinions.
6. I expect the best from myself and others.
7. I stick up for others who are being treated unfairly.
8. In a group, I assign tasks evenly.
9. I always keep my word and do what I say.
10. I'm good at making people laugh.
11. I make good judgments even in difficult situations.
12. I'm excited when I learn something new.
13. I take the time to do my best work.
14. When I see beautiful scenery, I stop and enjoy it for awhile.
15. It is easy for me to come up with new ideas.
16. Even when my team is losing, I play fair.
17. I do not lie to get myself out of trouble.
18. I think good things are going to happen to me.
19. If a task is hard, I do not give up easily.
20. I like to win and be the best.

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21. I always know what to say to make people feel good.
22. I rarely lose my temper.
23. I'm sure that I can overcome difficulties.
24. I often come up with different ways of doing things.
25. I'm concerned about others when they have problems.
26. I'm good at organizing activities and making them happen.
27. When good things happen to me, I think about the people who helped me.
28. I often do nice things for others without being asked.
29. I ask questions all the time.
30. I dislike getting all the credit when I don't do all the work.
31. I do the right thing even when it is not popular.
32. You can count on me no matter what, even during tough times.
33. I feel comfortable being the first one to ask a question or offer help.
34. I keep trying even after I fail.
35. When I work in a group, I'm very cooperative.

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Here are the character traits for each statement. What do your results reveal about you? The more stars you have, the more you exhibit that trait.

1. I encourage and appreciate good work from others. APPRECIATIVE, ENCOURAGING
2. I am good at getting along with all sorts of people. COOPERATIVE, PERSONABLE, ADAPTABLE
3. I lead by example, doing what I ask others to do. RESPONSIBILITY, INTEGRITY
4. As a leader, I make sure to set up a safe and trusting environment. CARING, PROTECTIVENESS
5. I encourage people to communicate their different opinions. OPEN-MINDED
6. I expect the best from myself and others. DRIVE, DETERMINATION
7. I stick up for kids who are being treated unfairly. BRAVERY, PROTECTIVE, FAIRNESS
8. In a group, I assign tasks evenly. FAIRNESS, INTEGRITY
9. I always keep my word and do what I say. CONSISTENCY, RELIABILITY, TRUSTWORTHY
10. I'm good at making people laugh. HUMOROUS
11. I make good judgments even in difficult situations. ANALYTICAL, RATIONAL
12. I'm excited when I learn something new. ENTHUSIASM, INQUISITIVE
13. I take the time to do my best work. PATIENCE, PERSISTENCE, THOROUGHNESS
14. When I see beautiful scenery, I stop and enjoy it for awhile. APPRECIATION
15. It is easy for me to come up with new ideas. CREATIVE, INNOVATIVE
16. Even when my team is losing, I play fair. FAIRNESS, INTEGRITY
17. I do not lie to get myself out of trouble. HONESTY, INTEGRITY
18. I think good things are going to happen to me. OPTIMISM, HOPEFUL
19. If a task is hard, I do not give up easily. PERSISTENCE, DRIVE
20. I like to win and be the best. COMPETITIVENESS, DETERMINATION

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21. I always know what to say to make people feel good. OPTIMISTIC, ENCOURAGING, PERCEPTIVE
22. I rarely lose my temper. SELF-CONTROL, CALMNESS
23. I'm sure that I can overcome difficulties. CONFIDENCE, OPTIMISM
24. I often come up with different ways of doing things. INNOVATIVE, CREATIVE
25. I'm concerned about others when they have problems. COMPASSION, SENSITIVITY
26. I'm good at organizing activities and making them happen. CONFIDENCE, LEADERSHIP
27. When I work in a group, I'm very cooperative. COOPERATIVE, ADAPTABILITY
28. I often do nice things for others without being asked. CARING, KINDNESS, GENEROSITY
29. I ask questions all the time. INQUISITIVE, ANALYTICAL
30. I dislike getting all the credit when I don't do all the work. HUMILITY, APPRECIATION
31. I do the right thing even when it is not popular. INITIATIVE, INTEGRITY
32. You can count on me no matter what, even during tough times. LOYALTY, DEDICATION
33. I feel comfortable being the first one to ask a question or offer help. INITIATIVE, LEADERSHIP
34. I keep trying even after I fail. DETERMINATION, PERSISTENCE
35. When good things happen to me, I think about the people who helped me. GRATITUDE, APPRECIATION