

Character strengths!

Character strength	Definition	I show this strength when I..
Creativity	Thinking of new ways to do things, imagining new projects	I am creative when I...
Curiosity	Taking an interest in different things, liking to explore and discover	I am curious when I...
Courage	Being brave, facing up to difficult tasks or situations	I show courage when I...
Honesty	Speaking the truth, not lying or hiding the truth but more broadly being authentic and genuine	I am honest when I...
Kindness	Being generous, being warm-hearted, helping others, taking care of others	I show kindness when I...
Fairness	Treating people equally, giving everyone a chance	I am show fairness when I...
Teamwork	Working well as a member of a group, contributing to the group, doing your share of the work	I work as part of a team when I...
Forgiveness	Forgiving others if they have done someone wrong, giving other people a second chance	I show forgiveness when I...
Prudence	Thinking carefully before making decisions, or saying things, not taking big risks,	I show prudence when I...
Gratitude	Being grateful for the good things in your life, taking time to say 'thank-you'	I show gratitude when I...
Hope	Having a positive attitude toward the future, believing that positive things can occur in the future	I have hope when I...
Humour	Liking to laugh, seeing the light side of things, sharing humour with others	Things that can make me laugh are... I can share humour with...

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