



GROW WELL CHARACTER STRENGTHS



Great Learners



Self-Regulation

I manage my feelings and actions and am disciplined and self-controlled.



Perseverance

I persist toward my goals despite obstacles, discouragement, or disappointments.



Bravery

I face challenges and difficulties despite my doubts and fears.



Curiosity

I seek out new experiences and activities that build my personal knowledge.

Respectful



Love/Empathy

I experience close, loving relationships that are characterised by giving and receiving love, warmth and caring.



Kindness

I am helpful and empathic and regularly do nice favours for others without expecting anything in return.



Honesty

I am honest to myself and others, I try to present myself and my reactions accurately to each person, and take responsibility for my actions.



Gratitude

I am grateful for many things and I express that gratefulness to others.

Organised



Hope/Optimism

I am realistic and also full of optimism about the future, believing in my actions and feeling confident things will turn out well.



Leadership

I take charge and guide groups to meaningful goals, and ensure good relations among group members.



Love of Learning

I am motivated to acquire new levels of knowledge, or deepen my existing knowledge of skills in a significant way.



Zest

I feel vital and full of energy, I approach life feeling activated and enthusiastic.

Working Together Safely



Teamwork

I am a helpful and contributing group and team member, and feel responsible for helping the team reach its goals.



Fairness

I treat everyone equally and fairly, and give everyone the same chance, applying the same rules to everyone.



Forgiveness

I forgive others when they upset me and/or when they behave badly towards me, and I use that information in my future relations with them.



Social Intelligence

I am aware of and understand my feelings and thoughts, as well as the feelings of those around me.