



Circle the strengths that you have used in the past to get through a challenging time.

Acceptance	Fierceness	Integrity	Observant	Self-Control
Appreciation	Flexibility	Intelligent	Optimism	Sensitive
Calm	Forgiveness	Insightful	Patience	Spirituality
Commitment	Generosity	Joyful	Perseverance	Spontaneity
Confidence	Gentleness	Judgement	Prudent	Tolerant
Courage	Gratitude	Kindness	Reliable	Trustworthy
Curiosity	Honesty	Leadership	Respectful	Vigilant
Detachment	Hopeful	Loving	Perspective	Willing Spirit
Dignity	Humility	Loyalty	Persuasive	Wisdom
Empathy	Humor	Maturity	Responsible	Youthfulness
Enthusiasm	Ingenuity	Negotiation		