

Character Strengths Cards

Exploring and identifying a person's unique strengths can inspire hope, strengthen engagement and help to build and support a working alliance. Each of these 16 cards represents a character strength. They are not exhaustive and you are welcome to add additional strengths cards to this packet. Use them in creative ways to elicit strengths. We have provided one example on the back.



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Card Sort

One way to use these cards is to engage a client in a 'card sort.' Here is how it works:

Hand all of the cards to your client. Ask them to sort the cards into three separate piles:

Pile #1: **Not like me.**

Pile #2: **Somewhat like me.**

Pile #3: **Very much like me.**

From pile #3, have them select the 3 cards that they feel most represent their top strengths. Engage them in a conversation about what these strengths mean to them and how they have used them in the past. Have them consider how they can use them to address a current challenge, problem or barrier they may be experiencing.

If a person has trouble identifying strengths or sorting them into piles, you can ask if you can sort them according to the strengths you see in them.

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**Short Strength
Cards Video
Tutorial**

Curious, Interested, Eager to Learn



Curious, Interested, Eager to Learn

**You delight in learning, exploring and discovering.
To you, the world is an interesting place, filled
with opportunities to expand your horizons of
understanding and knowing.**



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Enthusiastic, Energetic, Gusto



Enthusiastic, Energetic, Gusto

You radiate enthusiastic energy and zeal. No matter what you are doing, you give it 100% and approach things with a positive 'can do' attitude.



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Open-Minded, Non-judgmental, Objective



Open-Minded, Non-judgmental, Objective

You are open to new ideas and do not make snap judgements. You recognize that there are often several sides to a story and like to explore things from all sides before arriving at a decision.



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Creative, Imaginative, Innovative



Creative, Imaginative, Innovative

**You are an original thinker and doer.
You find joy in creative expression and are
really good at mixing and matching ideas,
emotions or material things to produce
something truly original.**



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Devoted, Caring, Loyal



Devoted, Caring, Loyal

You value being in close, loving relationships.

Showing your love and caring through your actions brings you joy. You stand by those you love through thick and thin.



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Mature, Wise, Seasoned



Mature, Wise, Seasoned

You take time to reflect on the experiences in your life, both the good and the difficult, and learn from them. Although you may not see yourself as wise others do and seek you out for guidance and advice.



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Courageous, Bold, Daring



Courageous, Bold, Daring

You are a courageous person who does not shrink from threat, challenge, difficulty, or pain. Even when you feel afraid, or know it's not the easy or popular thing to do, you act on your convictions by speaking up. You don't give up easily and persist when the going gets tough.



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Determined, Hardworking, Focused



Determined, Hardworking, Focused

You work hard to finish what you start and continue working and trying even when you feel frustrated or stuck. Finishing a project brings you a sense of joy and satisfaction.



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Honest, Genuine, Candid



Honest, Genuine, Candid

Living your life in an honest, authentic way is important to you. You share your ideas, opinions and feelings in a candid manner that lets others know you are genuine and ‘real.’ Because of this, people tend to trust what you say and do.



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Kind, Thoughtful, Helpful



Kind, Thoughtful, Helpful

You notice when others are hurting or needing help. It is in your caring nature to offer support, even if it is just a kind, encouraging word. You are generous with your time and resources. Doing good deeds brings you a profound sense of joy and purpose.



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Team Player, Cooperative, Adaptable



Team Player, Cooperative, Adaptable

You believe in the idea that Together, Everyone Achieves More (TEAM). In your view, cooperation is more rewarding, healthier and better for all than competition. You are willing to adapt your ideas and goals for the greater good of ‘the group.’



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Insightful, Intuitive, Perceptive



Insightful, Intuitive, Perceptive

**You have the ability to ‘look inside something’
– a person, painting, discussion or situation,
and notice what others aren’t seeing. You are very
aware of the world around you and notice details
and deeper layers of truth and meaning.**



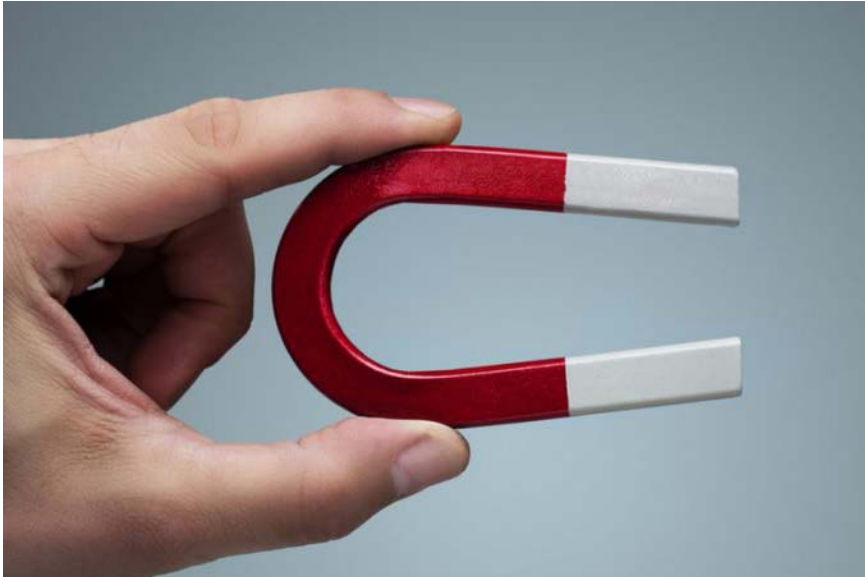
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Charismatic, Persuasive, Charming



Charismatic, Persuasive, Charming

You are confident in a positive way without being egotistical or boastful. You are genuinely interested in others and because of that, you are able to make a special connection with others. People are attracted to your magnetic charm.



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Optimistic, Hopeful, Resilient



Optimistic, Hopeful, Resilient

You are able to look on the bright side of experiences without getting stuck in negativity.

You are grateful for the smallest things in life and also find the good in hardships, obstacles and ‘failures’ because you know these situations give you strength and resilience.



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Independent, Self-directed, Self-sufficient



Independent, Self-directed, Self-sufficient

While you value relationships with others, you also highly value forming your own opinions, making your own decisions and being self-sufficient. There is nothing like the feeling of pride and satisfaction you get when you accomplish a task independently or when you are able to provide for your own needs.



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Forgiveness, Grace and Compassion



Forgiveness, Grace, Compassion

You understand that to be human is to be imperfect.

You are compassionate and forgiving of other people's flaws, mistakes and missteps. Your guiding principle is mercy and not revenge or holding grudges.



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