

Personal Strengths

Martin Seligman, PhD identified key areas of personal strength. Which personal characteristics, values or interests fit into the various categories? Be honest with yourself. You have much to offer yourself.

Strengths of Intellect

Curiosity - wonder

Judgement - weighing decisions

Love of Learning - student of life

Creativity - see potential and various solutions

Wisdom - big picture view

Intellect

Strengths of Self-Management

Self-Control - self regulation

Prudence - pros/cons, weighing consequences

Courage - face fears, stand up for beliefs

Humility - self-driven, competent, reduced need for recognition

Perseverance - try, try again

Honesty - truthfulness

Self-Management

Social Strengths

Social Intelligence -observant of others

Capacity for Love - reciprocal, close relationships

Kindness - genuine care & help toward others

Forgiveness - move beyond a hurt

Fairness - equality

Social

Personal Strengths

Teamwork - cooperation

Leadership - initiative

Strengths of Joy

Gratitude - appreciation

Optimism - hope

Humor - fun loving

Awe - appreciation for beauty

Spirituality - connection greater than one's self, purpose

Enthusiasm - zest for life

Howard Gardner, PhD explores multiple intelligences There is a preference to logical and linguistic intelligences when we are in school. However, we experience and learn from the world in all sorts of ways. Most importantly, we all excel in different areas of life. Where do your talents and interests naturally shine?

Logical-mathematical - number/reasoning

Linguistic - words and language

Bodily-kinesthetic - body and movement

Visual/Spacial -environment and physical space

Naturalist - natural world

Musical - sound and rhythm

Existential - life and spirituality

Interpersonal - others oriented

Intra-personal - reflective and self understanding