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Abundance	Mastery	Newness
Awareness	Noble	Fierceness
Awe	Openness	Patience
Acceptance	Peace	Perseverance
Accountability	Presence	Zest
Appreciation	Reverence	Responsibility
Aspiration	Respect	Restraint
Beauty	Sacrifice	Serenity
Charity	Spontaneity	Stability
Balance	Service	Kindness
Community	Support	Stillness
Surrender	Strive For Excellence	Joy
Choice	Trust	Transformation
Beingness	Tolerance	Truth
Compassion	Vigilance	Vulnerability
Confidence	Will	Wisdom
Courage	Willingness	Vitality
Depth	Worthiness	Humor
Discipline	Curiosity	Integrity
Dignity	Detachment	Positivity
Forgiveness	Friendship	Empathy
Fearlessness	Freedom	Fidelity
Flexibility	Gratitude	Individuality
Generosity	Faith	Honesty
Gentleness	Greatness	Grace
Growth	Harmony	Equanimity
Hope	Commitment	Leadership
Loyalty	Justice	Creativity
Intuition	Humility	Love of Learning
Ingenuity	Emotional Intelligence	Kinship

Go to www.viacharacter.org for a full
Signature Strengths Inventory.

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if can't easily pick
own strengths, can
take this survey
to help them see
their pos. strengths