



CHARACTER STRENGTHS

BUCKET FILLING

Love of learning

*Learn something from every situation.

Curiosity

*Ask questions, lots of them.

Open-Mindedness

*Listen to all opinions.

Creativity

*Do things in a different way.

Wisdom

*Offer good advice.

Gratitude

*Tell people "thank you," often.

Modesty

*Place attention on others.

Love of beauty

*Find beauty in nature, art, ideas, and people.

Spirituality

*Look for what is sacred in this moment.

Hope

*Be positive, especially when others are not.

Honesty

*Tell people the truth, (almost) all the time.

Enthusiasm

*When in doubt, take action!

Humour

*Laugh a lot, with others.

Courage

*Face what you are afraid of.

Persistence

*Don't give up.

Kindness

*Be helpful, show caring.

Friendship

*Be friendly.

Love

*Be a warm and strong listener.

Fairness

*Treat people the way you want to be treated.

Teamwork

*Work side-by-side with others.

Leadership

*Organise activities for others.

Self-Control

*Manage your feelings.

Patience

*Be able to wait.

Forgiveness

*Let it go.

Prudence

*Think before you act.

