

# My Strength Cards

Using your strength results, number your cards then decorate your top five, before cutting out the full set.



## APPRECIATION OF BEAUTY

You're good at finding beauty in the world and people around you. If something's not beautiful, you appreciate other qualities and see beauty anyway.



## CREATIVITY (Auahatanga)

You're inspired by other people's ideas, but like coming up with your own too. You're good at thinking outside the box and not scared to experiment and try things out.



## FAIRNESS

Some people only think about themselves. Fairness is about including others, even in your games. It's not just about sharing, you're aware of other's emotions.



## GRATITUDE

You appreciate the things everyone else thinks are normal, like food and family. This is a great strength to have, as most people have to practice being grateful!



## HOPE (Manawa ora)

You're likely to be a positive person. Even if things aren't great, you'll believe they're going to improve, and find things you can do to make them better.



## HUMOUR (Whakakata)

You're good at seeing the funny side of life, and like making other people laugh. You can laugh at yourself and not be self-conscious or shamed out.



## KINDNESS (Atawhai)

You're caring and generous, and you go through life thinking about others and looking out for them, not just thinking about yourself.



## BRAVERY

You do things even if they scare you, and aren't afraid to stand up for what's right. You'll be lucky because you're not afraid to take risks and challenge yourself.



## CURIOSITY

Maybe you ask 'why?' a lot or like figuring out how stuff works. If the teacher reads a book you might look up the tricky words. You have a curious mind.



## FORGIVENESS

If you do something wrong or other people do something wrong, you're willing to forgive them and move on, meaning you feel okay again more quickly.



## HONESTY

You say what you think, and are true to your values. People see you as someone they can count on. They know you'll say what you really think.



## HUMILITY

You don't show off because you don't have to. You let other people notice your skills and knowledge, and don't worry about trying to convince them you're "all that".



## JUDGMENT

You don't jump to conclusions. You have an open-mind and are good at weighing up different info and points of view, before deciding what you reckon.



## LEADERSHIP

When you're in a group you're good at taking the lead, and including and encouraging others. People look to you as a role-model.



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## LOVE (Aroha)

You listen, show you care, and make people feel important, so you are really good at building strong relationships.

## LOVE OF LEARNING

You're super into learning new things. Even if you're not the best at something, you're keen to know more. This is similar to being curious.

## PERSEVERANCE

You're great at sticking to a tricky task without getting distracted or put off. You don't give up easily and stay determined to get the job done.

## PERSPECTIVE

You're able to put things in perspective rather than 'drama out'. People often come to you for advice, and tend to trust and respect your point of view.

## PRUDENCE

You're careful but in a good way! You don't say or do things you might later regret, and this helps you to hang onto your friends and stay out of trouble.

## SELF REGULATION

You've got great self control. If you decide to stick to something, you're able to follow through, and this helps you to do well and reach your goals.

## SOCIAL INTELLIGENCE

You are really good at understanding how others are feeling through their body language and words. And you're good at adapting to get on with different groups.

## SPIRITUALITY (Wairuatanga)

You have faith in someone or something that's bigger than you. You hold onto this even if others don't think it's true, and respect other people's faith too.

## TEAMWORK (Mahi tahi)

You're a team player and can work towards a goal with others. You believe people should help each other and you understand others' strengths.

## ZEST

You're kind of original and have loads of energy and enthusiasm. You tend to give things your all, and are good at finding joy and excitement in everyday life.

**My Strengths Cards**

NAME: \_\_\_\_\_

Big thanks to Phoenix (aged 11) who helped us rewrite our character strength definitions, so they're easier to understand. Great stuff Phoenix!