

Intake Assessment of Strengths & Virtues	Please <input checked="" type="checkbox"/> the strengths and virtues that you identify with
Date:	Name:

Strengths of Wisdom and Knowledge: Cognitive strengths that entail the acquisition and use of knowledge

- ☐ **Creativity** [originality, ingenuity]: Thinking of novel and productive ways to conceptualize and do things.
- ☐ **Curiosity** [interest, novelty-seeking, openness to experience]: Taking an interest in ongoing experience for its own sake; exploring and discovering.
- ☐ **Open-mindedness** [judgment, critical thinking]: Thinking things through and examining them from all sides; weighing all evidence fairly.
- ☐ **Love of learning:** Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally.
- ☐ **Perspective** [wisdom]: Being able to provide wise counsel to others; having ways of looking at the world that make sense to oneself and to other people.

Strengths of Courage: Emotional strengths that involve the exercise of will to accomplish goals in the face of opposition, external and internal

- ☐ **Bravery** [valor]: Not shrinking from threat, challenge, difficulty, or pain; acting on convictions even if unpopular.
- ☐ **Persistence** [perseverance, industriousness]: Finishing what one starts; persisting in a course of action in spite of obstacles.
- ☐ **Integrity** [authenticity, honesty]: Presenting oneself in a genuine way; taking responsibility for one's feeling and actions.
- ☐ **Vitality** [zest, enthusiasm, vigor, energy]: Approaching life with excitement and energy; feeling alive and activated.

Strengths of Humanity: interpersonal strengths that involve tending and befriending others

- ☐ **Love:** Valuing close relations with others, in particular those in which sharing and caring are reciprocated.
- ☐ **Kindness** [generosity, nurturance, care, compassion, altruistic love, "niceness"]: Doing favors and good deeds for others.
- ☐ **Social intelligence** [emotional intelligence, personal intelligence]: Being aware of the motives and feelings of other people and oneself.

Strengths of Justice: civic strengths that underlie healthy community life

- ☐ **Citizenship** [social responsibility, loyalty, teamwork]: Working well as a member of a group or team; being loyal to the group.

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- ☐ **Fairness:** Treating all people the same according to notions of fairness and justice; not letting personal feelings bias decisions about others.
- ☐ **Leadership:** Encouraging a group of which one is a member to get things done and at the same maintain time good relations within the group.

Strengths of Temperance: strengths that protect against excess

- ☐ **Forgiveness and mercy:** Forgiving those who have done wrong; accepting the shortcomings of others; giving people a second chance; not being vengeful.
- ☐ **Humility / Modesty:** Letting one's accomplishments speak for themselves; not regarding oneself as more special than one is.
- ☐ **Prudence:** Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted.
- ☐ **Self-regulation** [self-control]: Regulating what one feels and does; being disciplined; controlling one's appetites and emotions.

Strengths of Transcendence: strengths that forge connections to the larger universe and provide meaning

- ☐ **Appreciation of beauty and excellence** [awe, wonder, elevation]: Appreciating beauty, excellence, and/or skilled performance in various domains of life.
- ☐ **Gratitude:** Being aware of and thankful of the good things that happen; taking time to express thanks.
- ☐ **Hope** [optimism, future-mindedness, future orientation]: Expecting the best in the future and working to achieve it.
- ☐ **Humor** [playfulness]: Liking to laugh and tease; bringing smiles to other people; seeing the light side.
- ☐ **Spirituality** [religiousness, faith, purpose]: Having coherent beliefs about the higher purpose, the meaning of life, and the meaning of the universe.