

Using Your Character Strengths to Solve Your Problems

When you are going through difficult times, you may forget about the personal strengths you can bring to the problems in your life. Remembering your strengths can help you be more resilient and can guide you toward solutions to your problems that you might have missed. Read the list of adjectives below and circle the personality or character strengths that best describe you. Then go back and look at the strengths you have circled and see if there is one strength that will help you solve a problem you are currently having.

Accepting	Insightful
Adaptable	Intuitive
Adventurous	Kind
Agreeable	Loving
Aware	Loving
Balanced	Loyal
Calm	Open-minded
Caring	Optimistic
Centered	Passionate
Charismatic	Patient
Considerate	Persistent
Courageous	Practical
Creative	Proactive
Curious	Rational
Dedicated	Reliable
Diligent	Responsible
Energetic	Self-Confident
Enthusiastic	Sociable
Fair-minded	Spiritual
Flexible	Spontaneous
Focused	Sympathetic
Friendly	Thoughtful
Fun	Trustworthy
Generous	Versatile
Honest	Warmhearted
Humble	Wise
Humorous	Witty
Imaginative	
Inquisitive	

