**Virtues and Character Strengths Reflection**

|  |  |  |
| --- | --- | --- |
| Virtue | Character Strength  (Check the one rated the highest  in the survey) | Reflection  (Why do you feel the strength listed in this virtue was rated highest? Where you surprised? Give example of something you have done that show you using this strength.) |
| Wisdom | * Creativity * Curiosity * Judgement * Love of Learning * Perspective |  |
| Courage | * Bravery * Perseverance * Honesty * Zest |  |
| Humanity | * Love * Kindness * Social Intelligence |  |
| Justice | * Teamwork * Fairness * Leadership |  |
| Temperance | * Forgiveness * Humility * Prudence * Self-Regulation |  |
| Transcendence | * Appreciation of Beauty * Gratitude * Hope * Humor * Spirituality |  |