**Table 6.1** Starter list of strengths

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Interpersonal strengths | Resilience strengths | Ethical strengths | Character strengths | Ability strengths |
| friendly | thankful | responsible | creative | sporting |
| willing to share | optimistic | honest | adventurous | musical |
| warm | keeps things in perspective | trustworthy | hard-working | artistic |
| caring | determined | fair | neat and tidy | imaginative |
| good listener | cheerful | acknowledges mistakes | sense of humour | can dance |
| helpful | sets goals | willing to make amends | energetic | good with animals |
| supportive | adaptable | respects confidentiality | enthusiastic | relaxed |
| fun to be with | inclusive | reliable | graceful | can fix things |
| considerate | can change | democratic | generous spirit | colourful |
| interested | positive | asks questions | courageous | independent |
| kind | assertive | forgiving | careful | has IT skills |
| empathic | problem solver | non-judgemental | curious | organized, plans ahead |
| team player | confident | thoughtful | appreciative/mindful | good communicator |
| gives compliments | learns from mistakes | makes careful decisions | takes initiative | can make things |



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