**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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