

# Character Strengths



## Caring

Be thoughtful and kind, and love generously.



## Knowledgeable

Knowledge is the wondrous art of expanding your mind.



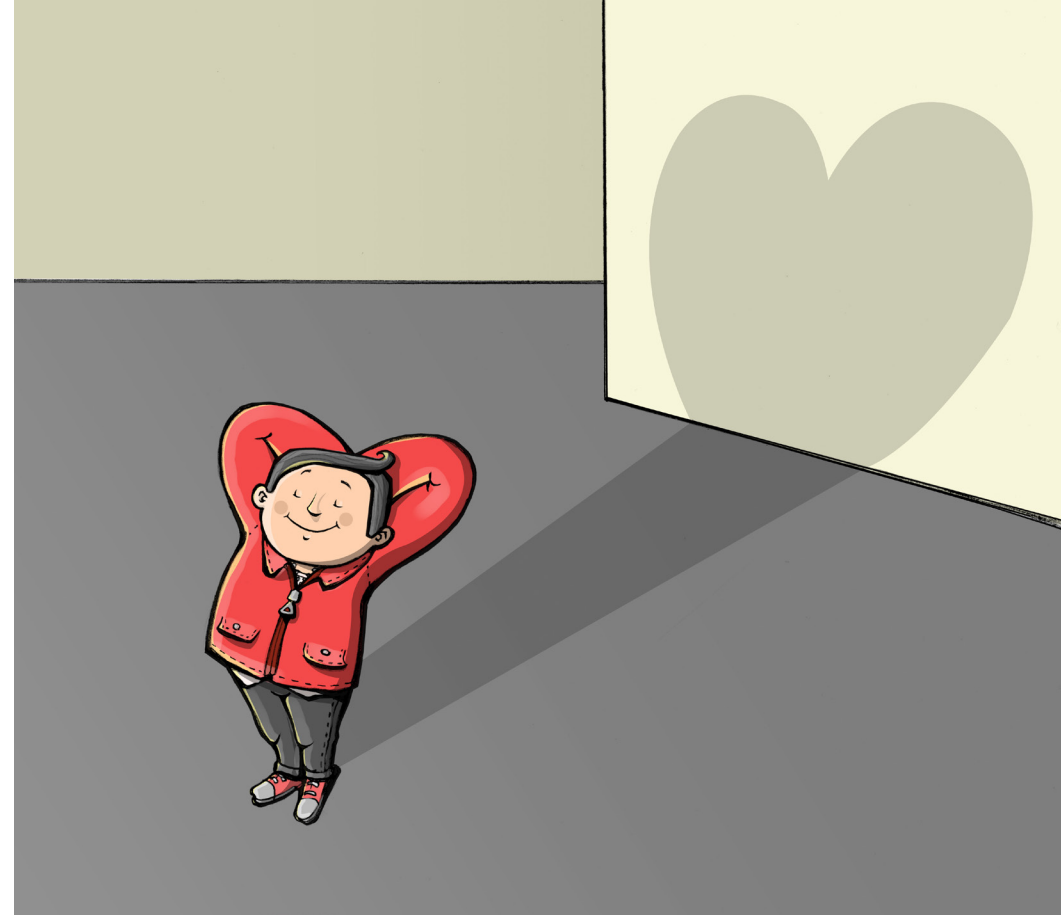
## Hopeful

A heart filled with hope has lots to look forward to.



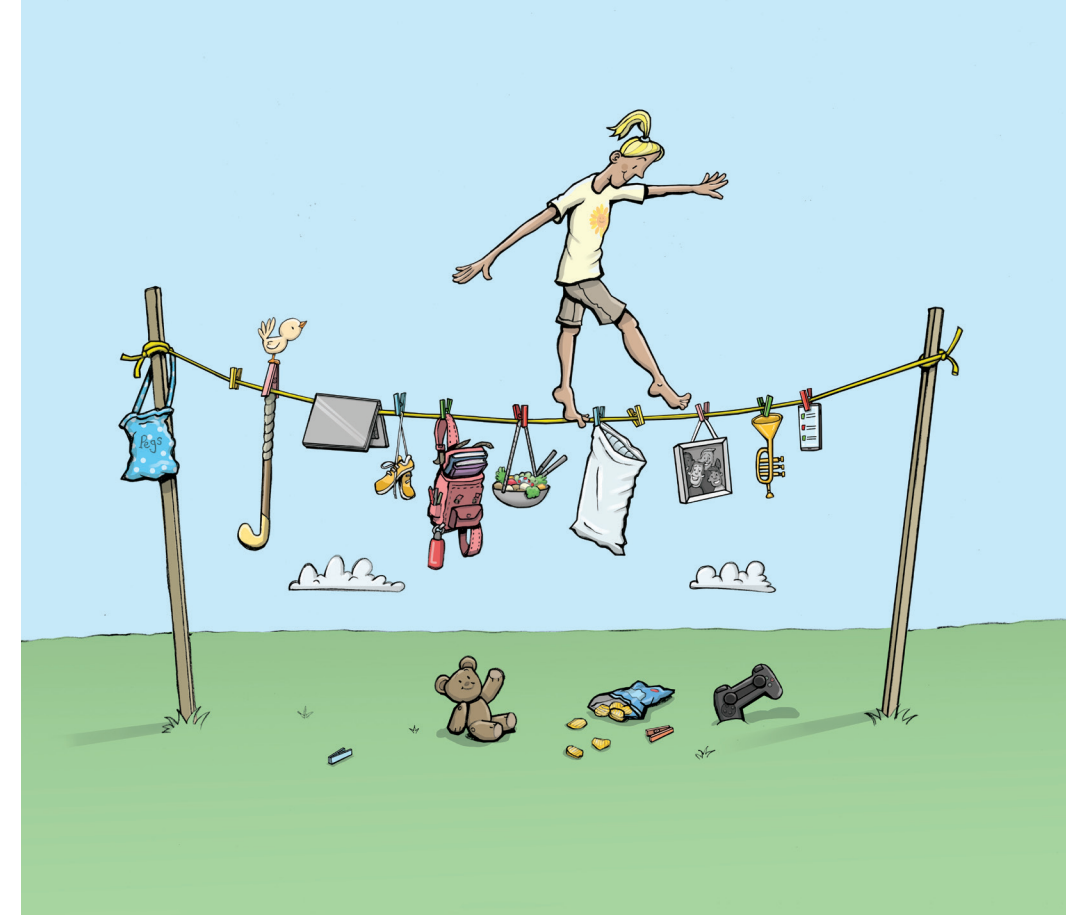
## Grateful

Appreciate the little things because one day you may look back and realise they were big things.



## Thinking

Dwell on noble things and be wise.



## Balanced

Know what to hold on to and when to let go.



## Principled

Be anchored in something bigger than yourself.



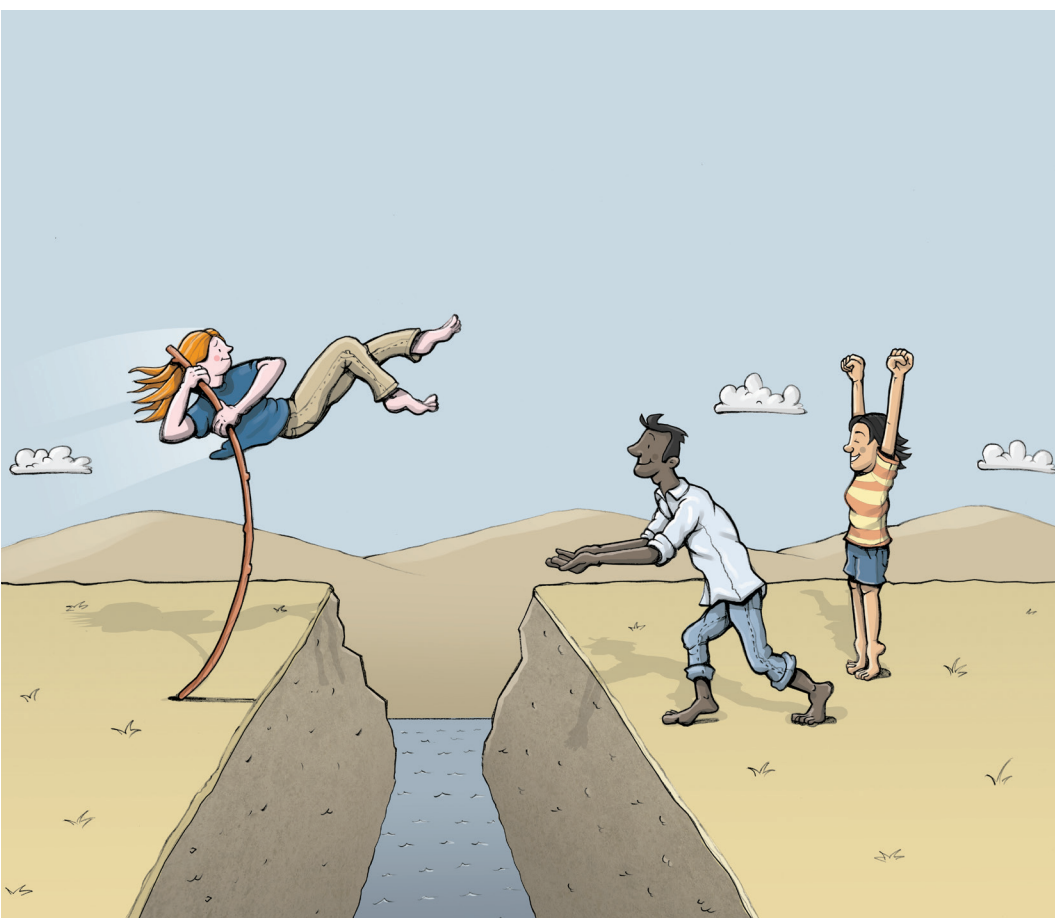
## Inquiring

Life's greatest gems are found through curiosity and perseverance.



## Persistent

If you fail, learn from your mistake and try again.



## Courageous

Fear is often our greatest teacher – be brave.



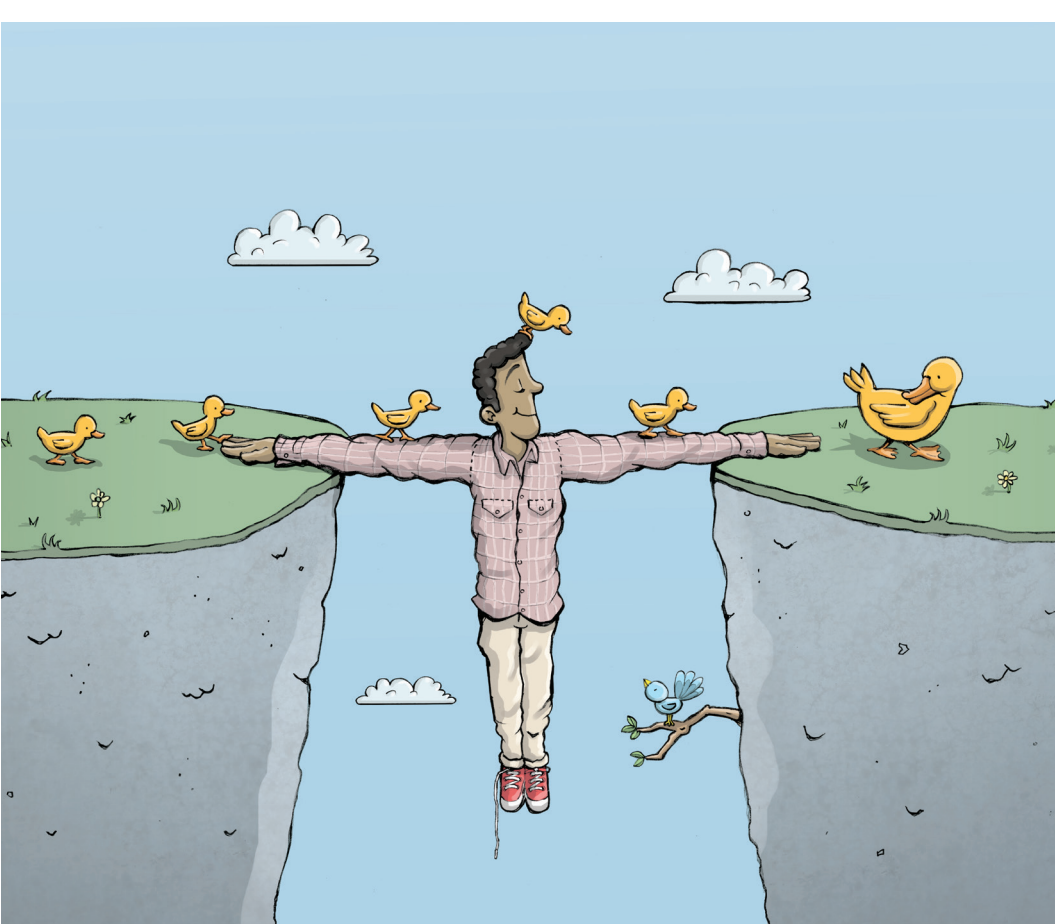
## Open-minded

Close your mouth, grow your ears and open your heart to what someone has to say.



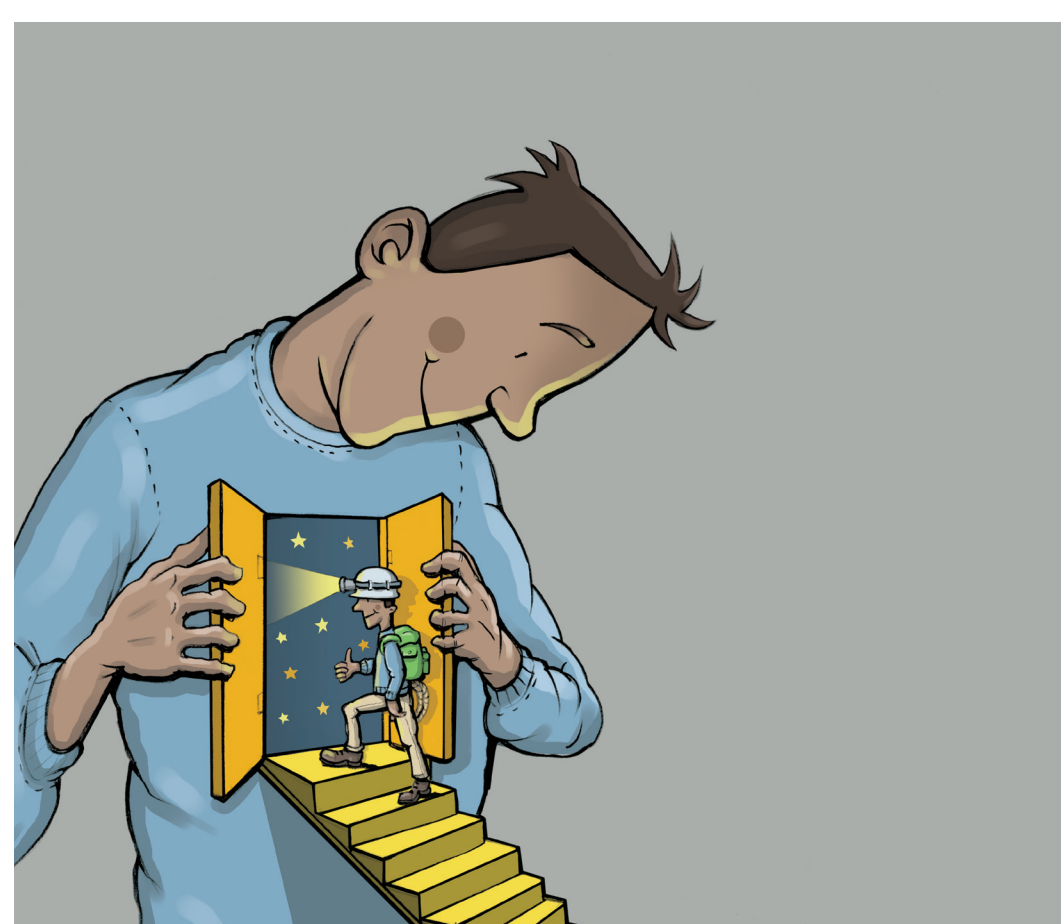
## Self-controlled

Self-control is a mindset super power.



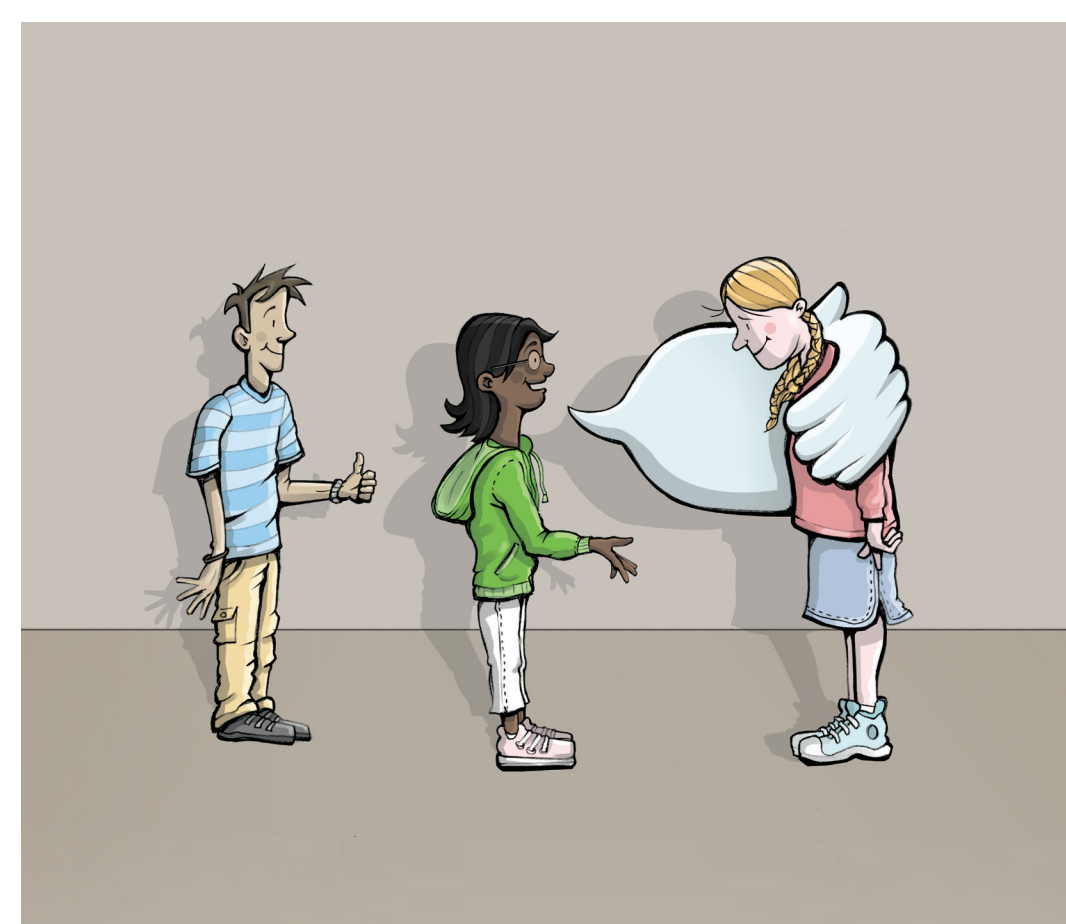
## Servant-hearted

Helping others creates connection, community and humility.



## Reflective

There is strength in knowing yourself.



## Communicative

Show the way through empathy, kindness and compassion.