

ASSESSING YOUR CHILD'S CHARACTER STRENGTHS

5=Always 4=Frequently 3=Sometimes 2=Rarely 1=Never

1. Can easily and accurately describe their special strengths and positive qualities _____
2. Is proud and confident in their abilities; enjoys being themselves _____
3. Focuses mostly on their strengths instead of weaknesses and past failures _____
4. Speaks mostly positively about themselves, rarely negatively _____
5. Has a few developed hobbies and interests that encourage natural strengths _____
6. Shows sensitivity toward the needs and feelings of others _____
7. Recognizes when someone is distressed and responds appropriately _____
8. Shows a willingness to understand someone else's point of view _____
9. Displays concern and wants to help when someone is treated unfairly/unkindly _____
10. Tears up or is upset when someone else is suffering _____
11. Is honest, admits mistakes, and accepts blame for incorrect actions _____
12. Can identify wrong behavior and turn a wrong action into a right one _____
13. Feels guilt about wrong or improper actions _____
14. Rarely needs reminders as to how to act right _____
15. Can be trusted to do the right thing and keep their word _____
16. Able to manage own impulses and urges without adult help _____
17. Easily calms down and bounces back when excited, frustrated, or angry _____
18. Can identify unhealthy emotions and stress signs prior to escalating _____
19. Has the ability to wait for something; can cope with behavioral impulses _____
20. Can remain focused on age-appropriate tasks without adult prompts _____
21. Asks copious why-type questions that don't always have yes/no answers _____
22. Enjoys finding new ways to use conventional things or solving problems _____
23. Loves learning new things that drive their interests _____
24. Intrigued or easy to motivate about trying something new or different _____
25. Willing to be wrong and try a different, unconventional way _____
26. Willingly tries new tasks with little concern about failing or making a mistake _____
27. Recognizes that the way to improve is by working harder _____
28. Does not become upset when something is difficult; rarely quits but keeps trying _____
29. Willing to try again if not successful with a task _____
30. Doesn't equate a mistake as a personal failure but a learning opportunity _____
31. Expresses gratitude, is appreciative, and takes stock in good things around them _____
32. Uses positive self-talk to express hope and reinforce good outcomes and attitudes _____
33. Doesn't blame but forgives; knows something they can do to make things better _____
34. Can find the silver lining in a hardship or challenge _____
35. Equates setback and failures a temporary, not permanent _____

Add up the scores for each Character Strength

- Questions 1-5: Self Confidence _____
- Questions 6-10: Empathy _____
- Questions 11-15: Integrity _____
- Questions 16-20: Self-Control _____
- Questions 21-25: Curiosity _____
- Questions 26-30: Perseverance _____
- Questions 31-35: Optimism _____

- ✓ Determine the child's highest and lowest character traits. The top traits are the child's natural strengths that build confidence and help them thrive
- ✓ The traits receiving the lowest scores are one to focus on so you can enhance their potential to thrive.