

Examples of Possible Strengths

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|----------------------|------------------------|------------------------|
| Athletic | Resourceful | Adaptable |
| Motivated to achieve | Organized | Initiator |
| Analytical | Managing | Altruistic |
| Playful | Ethical | Leader |
| Communicator | Competitive | Caring |
| Considerate | Broad perspective | Brave |
| Observant | Hopeful | Careful |
| Imaginative | Practical | Sensitive |
| Mentoring | Strong faith | Evenhanded |
| Focused | Goal-oriented | Curiosity |
| Socially responsible | Thinks ahead | Articulate |
| Cooperative | Tolerant | Creative |
| Kind | Grateful | Trustworthy |
| Aware of feelings | Honest | Artistic |
| Sees patterns | Brings people together | Sympathetic |
| Hospitable | Inquisitive | Cheerful |
| Intellectual | Self-controlled | Introspective |
| Follows through | Zestful | Lifetime learner |
| Inventive | Responsible | Problem solver |
| Intuitive | Self-confident | Intense |
| Friendly | Wisdom | Enthusiastic |
| Balanced | Prudent | Energetic |
| Generous | Responsible | Even tempered |
| Enjoys people | Witty | Courageous |
| Original | Diplomatic | Loyal |
| Skilled negotiator | Mechanical | Persuasive |
| Planner | Coordinating | Foresight |
| Critical thinker | Humility | Spiritual |
| Musical | Technical | Spatial |
| Computing | Organized | Appreciative of beauty |
| Persistent | Disciplined | Authentic |
| Empathetic | Intelligent | Thrifty |
| Researching | Charismatic | Efficient |
| Fair | Open minded | Optimistic |

*Foster, Jerald R, PhD. Articulating Strengths Together (AST) An Interactive Process to Enhance Positivity. San Bernardino: Center for Dependable Strengths, 2013. Print