



# STRENGTHS

## Hero Training Tools

Mind: Intelligence, Wisdom

1. Creativity
2. Curiosity
3. Open-mindedness
4. Love of learning:
5. Perspective [wisdom]

Heart: Emotion: Courage:

6. Bravery
7. Persistence
8. Integrity
9. Vitality

Humanity:

10. Love
11. Kindness
12. Social intelligence

Justice:

13. Citizenship
14. Fairness
15. Leadership

Temperance:

16. Forgiveness
17. Modesty
18. Prudence
19. Self-control

Transcendence:

20. Appreciation of beauty & excellence
21. Gratitude
22. Optimism
23. Humor
24. Faith