

MIND & WISDOM STRENGTH

LOVE OF LEARNING

You are open to new skills and information because you love to learn. You want to learn from your mistakes rather than feeling sorry for yourself. You are willing to learn no matter where and when.

CREATIVITY & ORIGINALITY

You think or behave in an innovative and creative way that others might not have thought about. You bring about good results through your imaginative ways either directly or indirectly through the arts.

JUDGEMENT & CRITICAL THINKING

You tend to gain a balanced view by not jumping to conclusions before making a decision. You make a risk assessment and also examine your needs and wants before acting on them. You view things objectively.

OPEN-MINDEDNESS & INTEREST

Healthy curiosity can be learned from small children or animals who look without judging. They are interested in every point of view and not upset by irregularities or opposite opinions, it is all something to explore.

PERSPECTIVE

You have a wisdom and an understanding which help you to develop a balanced view and see things in the right context. Other people might look to you to help solve their problems through your experience and ability to see the bigger picture.

COURAGE STRENGTHS

PASSION & ENTHUSIASM

You tend to become absorbed and fully engaged in what you do. You have a sense of vocation and ability to lose self-awareness and merge with the task at hand. You feel inspired and look forward to engaging with challenges.

COURAGE & BRAVERY

You have the courage to act according to your convictions rather than other people's expectations. You may feel fearful but you face the day with courage no matter what. You are of good cheer through pain, humiliations or illnesses. You are bigger than these.

PERSEVERANCE & DILIGENCE

You carry out work carefully and diligently. You keep going when others give up. Once you commit to something you see it through to the end. You enjoy the work without obsessing on perfection. You are ambitious in the best sense.

HONESTY & INTEGRITY

You live your life in a sincere, transparent, truthful way committed to what you truly believe is important. You speak the truth and you act according to your heart and mind. You are genuine and you unknowingly remind others of this quality.

**RELATIONSHIP
STRENGTHS
(HUMANITY)**

**SOCIAL – EMOTIONAL & PERSONAL
INTELLIGENCE**

You have an ability to tune into other people's feelings and to respond accordingly.

You know your own feelings and needs and how to fulfil them in a healthy manner. This enables you to understand other people's needs and communicate compassionately and respectfully with them.

You know your own best qualities and find ways and places to develop and express these while adapting to the needs of others around you.

**GIVING &
RECEIVING LOVE**

You have an affectionate nature and are thoughtful in your behaviour towards those close to you.

You allow yourself to be vulnerable and open to intimate sharing and caring.

You value receiving attention and are not afraid to commit yourself to deep sharing with another person as you appreciate love in all its aspects.

**KINDNESS,
COMPASSION
& GENEROSITY**

You enjoy giving freely of your time, you support others in their struggle for happiness and fulfilment.

You share of your resources and give without expecting something in return. You help people feel very comfortable as you see them as equally worthy. You are respectful towards everyone no matter what other people might think or say.

JUSTICE
(COMMUNITY)
STRENGTHS

**SOCIAL RESPONSIBILITY,
LOYALTY & TEAMWORK**

You partake in community events and causes.

You contribute selflessly for the good of society and value group goals even when they are different from your own.

You have a volunteering spirit and do not wait to be asked or told to do something.

You pull your weight fairly and with loyalty for the sake of the common goals of a team or group which you believe is worthwhile investing yourself in. You respect and work with authority.

LEADERSHIP

You have an ability to take responsibility and action in order to achieve a worthwhile goal and lead others in the process. You are able to organise activities whilst ensuring good relationships.

You are able to publicly admit to your mistakes and learn from them inspiring others to do better.

You endure set-backs and keep working for a better world.

FAIRNESS & EQUITY

You take care of your corner of the world and share whatever you can of your time, work and possessions to allow everyone to be happy. You give everyone a chance to fight for what they believe in and allow them to choose for themselves.

You expect everyone to be treated fairly and you do your best to acknowledge people's contributions however humble or great, it is all of equal value.

TEMPERANCE
(**SELF-CONTROL**)
STRENGTHS

SELF-CONTROL

You have an ability to take on and maintain healthy habits rather than rushing into futile enjoyments. You have the patience to look after your own mental, spiritual, emotional and physical health. You do not over-react when bad things happen but regulate your emotions in order to be helpful and calming towards others.

**CAUTION &
DISCRETION**

You assess a situation before deciding or acting. You don't offer advice too readily but listen for all the facts and aim for long term results rather than rushing into something. You know things can go wrong and take pre-cautions. You find ways of working around people's pride and other obstacles.

HUMILITY & MODESTY

You are aware of your own and other people's equality and oneness. You do not boast of your achievement or interfere with others but allow people to find their way whilst attentive to lending a helping hand. You do not see yourself as special and other people value your unpretentious contribution and support.

**FORGIVENESS
& MERCY**

You make allowances for weakness and imperfection and are willing to give somebody more chances to get it right. You are able to let go of past hurts and allow them to transform you into a kinder and more tolerant person. You accept people's short-comings without allowing them to compromise your values.

TRANSCENDENCE
(CONNECTING TO
SOMETHING LARGER)
STRENGTHS

HOPE

You have goals and look forward to a better future.

**APPRECIATION OF
BEAUTY &
EXCELLENCE**

You appreciate everything as an amazing work of art. You have an ability to merge with art, nature, science. Even ordinary things give you a sense of awe and wonder. Observing human acts of goodness and courage elevates your spirit.

GRATITUDE

You appreciate the ever present miracle of life. You appreciate others for who they are.

You do not take anything for granted and enjoy your surroundings wherever you are. You notice other people's contributions.

**PLAYFULNESS
& HUMOUR**

You do not take yourself or anyone else too seriously. You enjoy laughing and making other people smile at the marvellous experiences of life. You love having fun but not through cynicism. You can be amused by the futility of your own importance as you choose to see the lighter side of life.

**SPIRITUALITY, FAITH
AND RELIGIOUSNESS**

You have a sense of purpose and acceptance believing there is something beyond materialism and status. You have a connection with the Sacred which helps you to appreciate the vast universe and the oneness of it all. You celebrate spirituality through religious rituals. You have an appreciation of God.