General Strength Cards

Strength Name

Creativity  Kindness  Bravery

Enthusiasm  Sensitive  Curious

* For best results, the cards should be printed on cardstock and laminated.

Instructions:

Print this worksheet on a double-sided page.

Cut out along the white lines, to create 12 double-sided cards.

Dr. Gabriella Lancia
Definition

Moral strength to face danger, fear or difficulty
Confronting frightening things

Being selfless towards others
Unconditional caring

Turning new and imaginative ideas into reality
Making connections

Interested in learning
Naturally inquisitive

Aware of the feelings of others
Showing concern for different situations

Feeling of energetic interest
Eagerness to be involved and active
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Definition

- To project a soothing presence
  - Calm, kind demeanor

- Liveliness and able to manifest feelings
  - Eloquent and meaningful in their expressions

- Able to adjust to different situations
  - Willingness to change

- Lives in the moment
  - Listens to natural instinct or feeling

- Willing to take risks
  - Full of excitement

- Virtuous nature
  - Overwhelming willingness to get help and support