

# A Comprehensive List of Personal Strengths

I've acquired knowledge and wisdom (some or a lot, general or specific to a topic).

I stay curious and interested in the world.

I am open to new experiences.

I am flexible.

I keep learning and developing skills.

I make good judgements.

I think critically.

I am open-minded.

I make decisions thoughtfully and carefully.

I'm open to changing my mind if evidence suggests I've been wrong.

I'm skilled at designing things.

I have originality.

I am practical.

I am intelligent.

I am good at problem solving.

I can see different ways to approach problems and achieve goals.

I am unconventional in a positive way.

I am socially adept.

I am emotionally intelligent (manage my moods and emotions well)

I can read other people's moods.

I appropriately respond to others.

I can feel empathy and/or show empathy to others.

I can see multiple perspectives.

I can make sense of complicated things in the world.

I am courageous.

I am brave.

I face challenges head-on.

I stand up for what I believe in.

I have perseverance.

I finish what I start.

I do what I say I will do.

I am honest.

I live authentically.

I am down to earth.

I live with integrity

I am kind.

I am generous.

I help others.  
I see value in others.  
I sustain close relationships with others (a few or many)  
I accept love from others  
I am loyal to others.  
I am a good team player or group member  
I contribute to the success of a group or groups.  
I remain fair and unbiased.  
I am guided by moral principles.  
I am good in leadership roles.  
I am good at organizing events and group projects.  
I am responsible.  
I maintain self-control when necessary.  
I accomplish difficult tasks.  
I am careful and cautious.  
I practice discretion.  
I have few regrets.  
I make good, thoughtful decisions.  
I think long-term.  
I am modest.  
I seek and appreciate beauty.  
I take time to stop and smell the roses.  
I see goodness in the world and in others.  
I am full of and express gratitude for the goodness in the world and others.  
I have hope for the future.  
I plan and work to achieve goals.  
I have a strong sense of purpose.  
I have faith and strong beliefs in a higher purpose.  
I engage in comforting spiritual practices.  
I am able to forgive others and offer second chances.  
I am able to forgive myself.  
I am playful.  
I have a good sense of humor.  
I can laugh.  
I can make others laugh and smile.  
I can see a lighter side of things.  
I am energetic.  
I have passion and spirit.  
I wake up looking forward to each day.