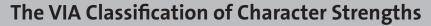
MBSP Handout 1.3

Session 1:





WISDOM

Creativity: Originality; adaptive; ingenuity

Curiosity: Interest; novelty-seeking; exploration; openness to experience **Judgment**: Critical thinking; thinking through; open-minded

Love of Learning: Mastering new skills & topics; systematically adding to knowledge

Perspective: Wisdom; providing wise counsel; taking the big picture view

COURAGE

Bravery: Valor; not shrinking from fear; speaking up for what's right

Perseverance: Persistence; industry; finishing what one starts

Honesty: Authenticity; integrity; telling the truth

Zest: Vitality; enthusiasm; vigor; energy; feeling alive and activated

HUMANITY

Love: Both loving and being loved; valuing close relations with others **Kindness**: Generosity; nurturance; care; compassion; altruism; "niceness"

Social Intelligence: Aware of the motives/feelings of self/others

JUSTICE

Teamwork: Citizenship; social responsibility; loyalty

Fairness: Just; not letting feelings bias decisions about others

Leadership: Organizing group activities; encouraging a group to get things done

TEMPERANCE

Forgiveness: Mercy; accepting others' shortcomings; giving people a second chance

Humility: Modesty; letting one's accomplishments speak for themselves

Prudence: Careful; cautious; not taking undue risks

Self-Regulation: Self-control; disciplined; managing impulses & emotions

TRANSCENDENCE

Appreciation of Beauty and Excellence: Awe; wonder; elevation; admiration

Gratitude: Thankful for the good; expressing thanks; feeling blessed

Hope: Optimism; future-mindedness; future orientation **Humor**: Playfulness; bringing smiles to others; lighthearted

Spirituality: Religiousness; faith; purpose; meaning