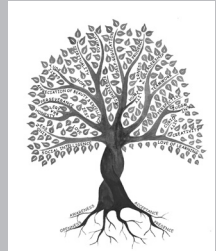


MBSP Handout 5.5

Session 5:

Character Strengths Brainstorm Worksheet



Choose one character strength. What does it look like?

What does it mean to have or express this strength?

What happens if you have too little (underuse of this strength)?

What happens if you have too much (overuse of this strength)?

When and where can you use this strength in your daily life?

What benefits does the strength bring to you and others?

Write about the strength in *6 words* without including the word itself. Two examples for curiosity include: “I open doors to unknown things” and “The art of making good questions.”