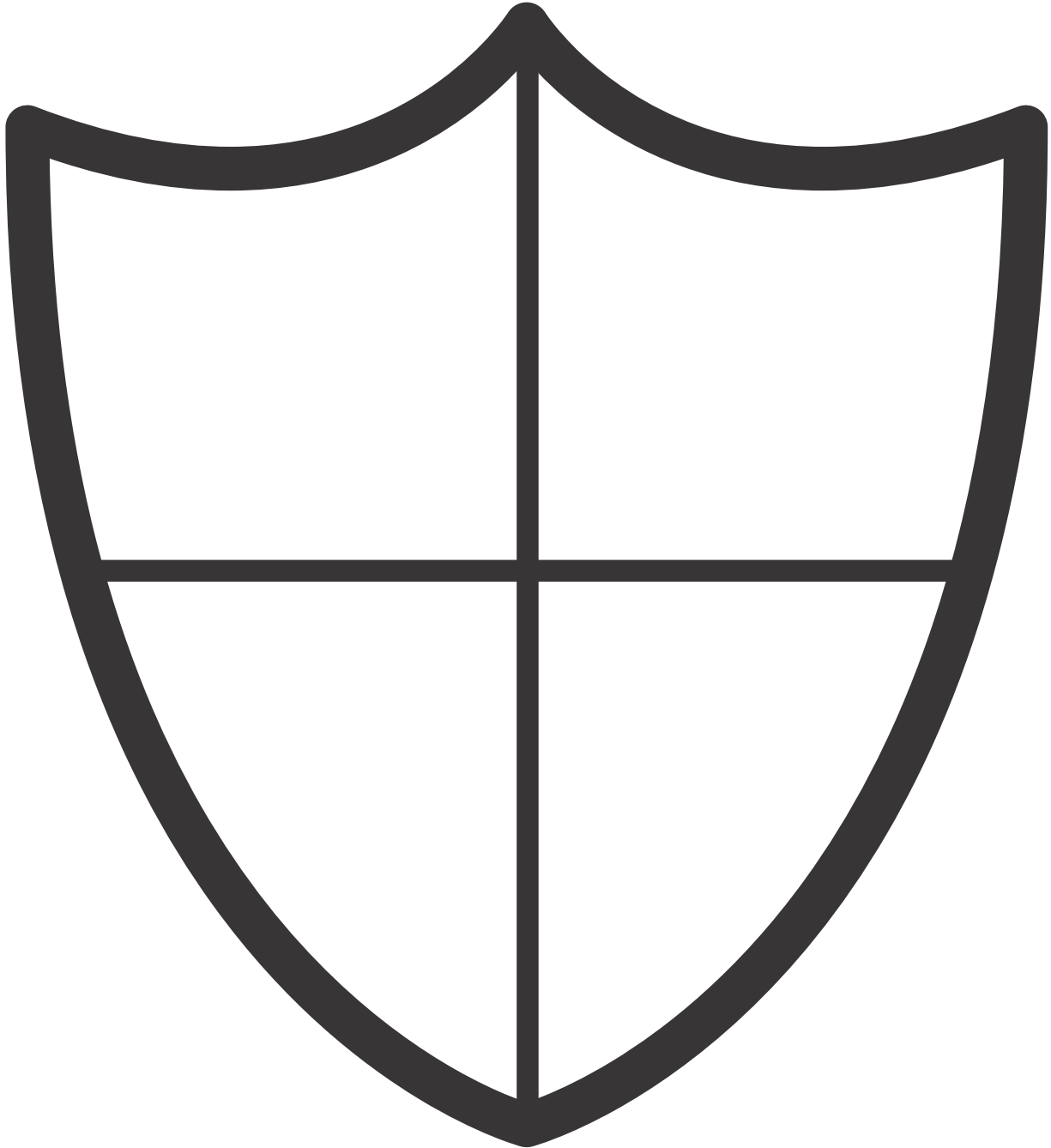


Your Character Strengths Coat of Arms

A coat of arms represents identity and character strengths. When you are going through difficult times, you may forget about the **personal character strengths** you can bring to the challenges in your life. Remembering your strengths can help you be more resilient and can guide you toward solutions and peace. **Read the list of adjectives on the next page and circle the personality or character strengths that BEST describe you.** Then go back and look at the strengths you have circled and see if there are four strengths that you can use in YOUR coat of arms.



Cynthia Garrett
Counseling
Cynthia Garrett, MA., LMHC

RATIONAL FRIENDLY HUMBLE LEADER CONSIDERATE
ACCEPTING INTEGRITY BALANCED KIND HOPEFUL
DREAMER JUDGEMENT ORIGINALITY AGREEABLE PRACTICAL
INGENUITY ADAPTABLE NOVELTY-SEEKING WITTY
CENTERED SPIRITUAL UNDERSTANDING THOUGHTFUL
LOVER OF LEARNING CREATIVE
WARMHEARTED CALM LOYAL
INDUSTRIOUS
WISDOM BRAVE NICE CURIOUS
UPBEAT TRUSTWORTHY PROACTIVE FAITH
MERCIFUL CITIZENSHIP APPRECIATIVE IMAGINATIVE
ZEALOUS YOUNG AT HEART EMOTIONAL INTELLIGENCE
AUTHENTIC DILIGENT VITALITY MODEST SOCIABLE
GRATEFUL
FLEXIBLE NURTURING SOCIAL INTELLIGENCE ENTHUSIASTIC
CONFIDENT COURAGEOUS ADVENTUROUS
THANKFUL OPEN-MINDED PERSISTENT
SELF-REGULATION OPTIMISTIC SELF-CONFIDENT QUIZZICAL QUICK
INQUISITIVE AWARE CRITICAL-THINKER RELIABLE FORGIVING
HONEST KIND-HEARTED LOVING INTUITIVE COMPASSIONATE
EXPLORER ZEST HUMOROUS GIVING OPENNESS
CHARISMATIC DEDICATED ALTRUISTIC FOCUSED
KEEN YOUTHFUL CARING
FAIR-MINDED
GENEROUS FUN ENERGETIC JUST PRUDENT
PATIENT SYMPATHETIC
VALOR UPSTANDING VERSATILE UNIQUE
PURPOSEFUL RESPONSIBLE SPONTANEOUS