

## Professional Practice Support

### PERSONAL CHARACTER STRENGTHS

<b>Creativity</b> Being original in what you think, say and do. You like finding new ways to look at things.	<b>Curiosity</b> Being interested in exploring new things. You like discovering more about things.	<b>Honesty</b> Being true to yourself for how you act, feel, think and what you say. You like being truthful.	<b>Leadership</b> Encouraging others to stick to the task. You like 'want to' and 'can do' relationships.
<b>Common Sense</b> Being able to make sense of what's happening to and around you. You like sharing this with others.	<b>Determination</b> Being able to stick to what you set out to do. You like to overcome challenges through effort.	<b>Kindness</b> Doing acts of kindness for others to make their lives better. You like living by giving.	<b>Fairness</b> Treating all people fairly and justly as you like to be treated. You like giving everyone a go.
<b>Zest/Vitality</b> Being full of enthusiasm and excitement and living life as an adventure with energy and spirit.	<b>Caring</b> Caring for, sharing with and valuing others. You like close and giving relationships.	<b>Self-control</b> Keeping your emotions under control. You like focusing yourself on what you set out to do.	<b>Thankfulness</b> Saying thank you to others who have done helpful things for you. You like appreciating others.
<b>Teamwork</b> Doing your share to make sure the team achieves its goal. You like being loyal to your group.	<b>Forgiveness</b> Not holding a grudge against those who upset you. You like getting on with life.	<b>Fun</b> Being able to laugh and have fun with others. You like sharing happy and funny things with others.	<b>Hope</b> Looking for good things in what you look at. You like seeking the bright side of life.