

Foundations

List of Strengths

1. Considerate
2. Respectful
3. Physically strong
4. Emotionally strong
5. Resilient
6. Caring
7. Assertive
8. Hard-working
9. Reliable
10. Honest
11. Practical
12. Responsible
13. Mature
14. Creative
15. Perceptive
16. Motivated
17. Patient
18. Thoughtful
19. Trustworthy
20. Leadership/takes initiative
21. Flexible
22. Open-minded
23. Willing
24. Logical
25. Supportive
26. Realistic
27. Funny
28. Punctual
29. Friendly
30. Resourceful

