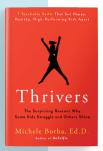
## ASSESSING YOUR CHILD'S CHARACTER STRENGTHS

Answering the statements below will help you determine your child's Character Strengths that help her thrive. There are no right or wrong answers. This is only for you to see where your child is right now and help you determine which traits are his strengths and which to encourage. To evaluate your child's strengths, write the number you think best represents your child's current level on the line following each statement.

5 = Always, 4 = Frequently, 3 = Sometimes, 2 = Rarely, 1 = Never

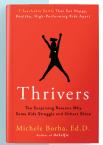
## MY CHILD . . .

1. Can easily and accurately describe her special strengths	
and positive qualities	
2. Is proud and confident in her abilities; enjoys being	
herself	
3. Focuses mostly on her strengths instead of weaknesses	
and past failures	
4. Speaks mostly positively about herself, rarely	
negatively	
5. Has a few developed hobbies and interests that	
encourage natural strengths	
6. Shows sensitivity toward the needs and feelings	
of others	
7. Recognizes when someone is distressed and responds	
appropriately.	
8. Shows a willingness to understand someone else's	
point of view	



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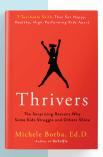
9. Displays concern and wants to help when someone is	
treated unfairly or unkindly	
10. Tears up or is upset when someone else is suffering	
11. Is honest, admits mistakes, and accepts blame for	
incorrect actions	
12. Can identify his wrong behavior and turn a wrong	
action into a right one	
13. Feels guilt about his wrong or improper actions	
14. Rarely needs admonishments/reminders as to how	
to act right	
15. Can be trusted to do the right thing and keep his	
word even when no one is looking	
16. Able to manage her own impulses and urges without	
adult help	
17. Easily calms down and bounces back when excited,	
frustrated, or angry	
18. Can identify his unhealthy emotions and stress signs	
prior to their escalating	
19. Has the ability to wait for something; can cope with	
behavioral impulses	
20. Can remain focused on age-appropriate tasks without	
adult prompts	
21. Asks copious why-type questions that don't always	
have yes/no answers	
22. Enjoys finding new ways to use conventional things	
or solving problems	
23. Loves learning new things that drive her interest	
24. Intrigued or easy to motivate about trying something	
new, different, or surprising	
25. Willing to be wrong and try a different,	
unconventional way	



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26. Willingly tries new tasks with little concern about	
failing or making a mistake	
27. Recognizes that the way to improve is by working	
harder	
28. Does not become upset when something is difficult;	
rarely quits but keeps trying	
29. Willing to try again if not successful with a task	
30. Doesn't equate a mistake as a personal failure but a	
learning opportunity	
31. Expresses gratitude, is appreciative, and takes stock	
of the good things around her	
32. Uses positive self-talk to express hope and reinforce	
good outcomes and attitudes	
33. Doesn't blame but forgives; knows something she	
can do to make things better	
34. Can find the silver lining in a hardship or challenge	
35. Equates setbacks and failures as temporary, not	
permanent	

Then add up the scores for each Character Strength: questions 1–5 = Self-Confidence; 6–10 = Empathy; 11–15 = Integrity; 16–20 = Self-Control; 21–25 = Curiosity; 26–30 = Perseverance; 31–35 = Optimism. Determine your child's highest and lowest character traits. The top traits are your child's natural strengths that build confidence and help him thrive, so continue nurturing them to ensure that your child recognizes them in himself. Go to the book sections that address the one or two traits receiving the lowest scores so you can enhance your child's potential to thrive.



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