



WE NEED THE WORLD - ALL 24 OF ITS CHARACTER STRENGTHS

Who do we see that has ideas, strategies, and best coping tools? (creativity).

Who listens with interest, letting others express & release their burdens? (curiosity).

Who models rational & balanced thinking, to counterbalance our inner voices of panic & anxiety? (judgment).

Who do we see learning and growing, in new ways, even during challenging times? (love of learning).

Who do we see offering sound advice, a glimpse of the bigger picture amidst the scary details? (perspective).

Who is showing bravery – to help someone they’ve never helped, to see the world anew despite fear? (bravery).

Who do we see persevering – pushing through huge obstacles and suffering they’ve never faced before?
(perseverance).

Who expresses truthfulness – now is not a time for exaggeration, fake news, or guesswork? (honesty).

Who shows enthusiasm – to uplift our energy even when we feel sucked dry from uncertainty & the unknown? (zest).

Who expresses warmth & genuineness now– each ounce is worth 10x its original value? (love).

Where do we see examples of compassion and generosity, and active seeking of ways to help? (kindness).

Who around us expresses empathy – every city, neighborhood, & being – a subject of their concern?
(social intelligence).

Who shows themselves to be a citizen of a (very) large group that can choose to be collaborative? (teamwork).

Who models fairness – instead of hoarding, giving; instead of blaming, praising; instead of being the victim, the hero?
(fairness).

Who do you see leading – with fresh ideas that will inspire the different groups to which they belong? (leadership).

Who around us is able to let go of the family irks, slights, and irritations that can fill the mind? (forgiveness).

Who do we see putting the attention on others and not on themselves? (humility).

Who are examples showing us how to be cautious every time they leave home, at least for now? (prudence).

Who appears to be under control, not riddled with anger but contagious with their peacefulness?
(self-regulation).

Who do you see inspiring others’ goodness showing how to be altruistic too (appreciation of beauty).

Who is spreading hope and silver linings, offered thoughtfully,
as so many around us are falling into cracks of darkness? (hope).

Who expresses thanks to show others they see their kind or brave acts and inspires others to do more of them?
(gratitude).

Whose humor, playfulness, and ability to create levity when we feel heavy and frazzled gets you through? (humor).

Who helps us to see we are all in this together, that every action has a preceding action and consequence?
(spirituality).



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