<table>
<thead>
<tr>
<th>Character Strength</th>
<th>Key Indicators</th>
<th>Supporting Language</th>
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</table>
| **Grit**           | • Perseverance and passion for long-term goals.  
                     • Starting and finishing goals.  
                     • Trying hard even after experiencing setbacks.  
                     • Works independently with focus. | Adaptability, diligence, determination, resolve, effort,  
endurance, work-ethic, follow-through |
| **Self-control**   | • Having willpower and self-discipline to manage oneself.  
                     • Resists distractions.  
                     • Handles own emotions and inhibits impulses.  
                     • Delays gratification.  
                     • Plans ahead for short and long term goals. | **Performance**: Self-discipline, self-regulation, organization,  
preparedness, responsibly, self-direction  
**Moral/interpersonal**: respect, thrift, moderation, patience,  
trustworthiness, humility, civility, cooperation, honesty |
| **Empathy**        | • Showing compassion, kindness, friendliness, and caring.  
                     • Understanding, sensitivity, and demonstrating respect for the feelings of others.  
                     • Adapting to different social situations.  
                     • Finding solutions during conflict with others. | Social/emotional intelligence, compassion, cooperation,  
generosity, friendliness, kindness, understanding, mercy,  
social awareness, sensitivity, courtesy, humanity, caring |
| **Optimism**       | • Having a positive attitude.  
                     • Establishing a growth mindset.  
                     • Willingness to adapt to circumstances.  
                     • Making the best of circumstances.  
                     • Willing to try new things. | Positive-attitude, hope, growth mindset, cheerful,  
confidence, assurance, “looking on the bright side”,  
adapting |
| **Zest**           | • Quality of actively participating.  
                     • The ability to motivate others.  
                     • Displaying passion and enthusiasm for what you learn and what you do.  
                     • Showing humor and fun in learning and life. | Eagerness, enthusiasm, humor, vitality, energizing, spirit,  
zeal, passion, ambition, leadership, purpose, motivation,  
participation, courage, bravery, empowerment, lively, vigor |
| **Curiosity**      | • Having a desire to investigate and learn.  
                     • Eager to learn and explore new things.  
                     • Asks and answers questions to deepen understanding.  
                     • Thirst for knowledge. | Critical thinking, desire, thirst, drive innovative, creativity,  
imagination, resourcefulness, wisdom, knowledge |