

| Character Strength | Key Indicators | Supporting Language |
|---------------------|--|---|
| Grit | <ul style="list-style-type: none"> • 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 | <ul style="list-style-type: none"> • 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. | <i>Performance:</i> Self-discipline, self-regulation, organization, preparedness, responsibly, self-direction <i>Moral/interpersonal:</i> respect, thrift, moderation, patience, trustworthiness, humility, civility, cooperation, honesty |
| Empathy | <ul style="list-style-type: none"> • 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 | <ul style="list-style-type: none"> • 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 | <ul style="list-style-type: none"> • 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 | <ul style="list-style-type: none"> • 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 |