

General Strength Cards

Strength Name



Creativity

Kindness

Bravery

Enthusiasm

Sensitive

Curious

* For best results, the cards should be printed on cardstock and laminated.

Instructions:

Print this worksheet on a double-sided page.

Cut out along the white lines, to create 12 double-sided cards.

Dr. Gabriella Lancia

Definition

**Moral strength
to face danger,
fear or difficulty**

**Confronting frightening
things**

**Being selfless towards
others**

Unconditional caring

**Turning new and
imaginative ideas
into reality**

Making connections

**Interested in learning
Naturally inquisitive**

**Aware of the feelings
of others**

**Showing concern for
different situations**

**Feeling of energetic
interest**

**Eagerness to be
involved and active**

Strength Name



Adaptable

Expressive

Gentle

Generosity

Adventurous

Spontaneous

* For best results, the cards should be printed on cardstock and laminated.

Definition

To project a soothing presence

Calm, kind demeanor

Liveliness and able to manifest feelings

Eloquent and meaningful in their expressions

Able to adjust to different situations

Willingness to change

Lives in the moment

Listens to natural instinct or feeling

Willing to take risks

Full of excitement

Virtuous nature

Overwhelming willingness to get help and support