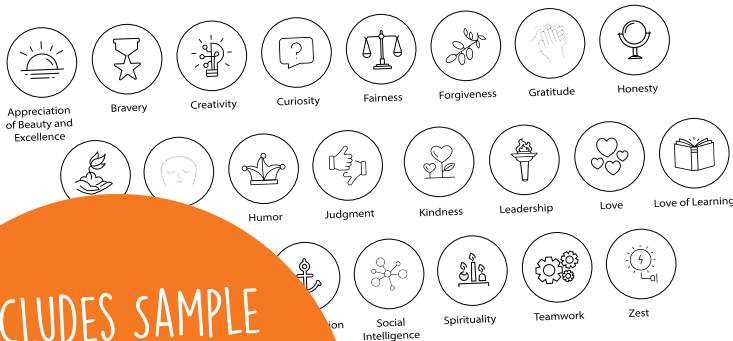


People We Admire

People We Admire

What we admire in others — whether they are neighbors, leaders, or celebrities — is usually closely tied with their Signature Strengths. Choose someone you look up to and use this worksheet to identify what you admire most about them, how that positively impacts you, and how their Strengths contribute to who they are. This is also a great activity to get families or colleagues in the habit of noticing, describing, and appreciating Character Strengths in themselves and others.

1. Name a person you admire
2. What do you admire about this person?
3. What have you learned from them?
4. How has knowing them benefited you?
5. What strengths make them who they are?



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... IN. SHE IS NOT AFRAID TO SPEAK UP IN

... ENT AND HOW TO ADVOCATE FOR A CAUSE

... TO FIND A CAUSE I BELIEVE IN,

... LATION, AND PERSEVERANCE.



proofpositive.org

INCLUDES SAMPLE
ANSWER KEY AND LINK
TO UNIT STUDY



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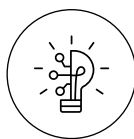
1. Name a person you admire
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Appreciation of Beauty and Excellence



Bravery



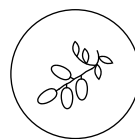
Creativity



Curiosity



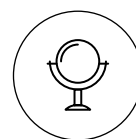
Fairness



Forgiveness



Gratitude



Honesty



Hope



Humility



Humor



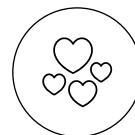
Judgment



Kindness



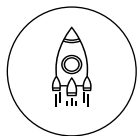
Leadership



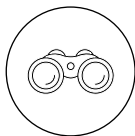
Love



Love of Learning



Perseverance



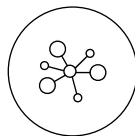
Perspective



Prudence



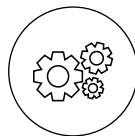
Self-Regulation



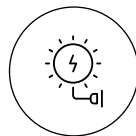
Social Intelligence



Spirituality



Teamwork



Zest

People We Admire

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1. Name a person you admire

GRETA THUNBERG

2. What do you admire about this person?

GRETA ALWAYS STANDS UP FOR WHAT SHE BELIEVES IN. SHE IS NOT AFRAID TO SPEAK UP IN FRONT OF ADULTS

3. What have you learned from them?

I HAVE LEARNED ABOUT PROTECTING THE ENVIRONMENT AND HOW TO ADVOCATE FOR A CAUSE THAT IS SPECIAL TO YOU.

4. How has knowing them benefited you?

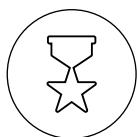
KNOWING ABOUT GRETA'S WORK HAS INSPIRED ME TO FIND A CAUSE I BELIEVE IN, LIKE CARING FOR ANIMALS.

5. What strengths make them who they are?

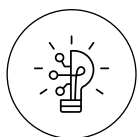
I THINK GRETA'S STRENGTHS ARE BRAVERY, SELF-REGULATION, AND PERSEVERANCE.



Appreciation of Beauty and Excellence



Bravery



Creativity



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Gratitude



Honesty



Hope



Humility



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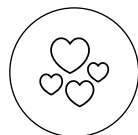
Judgment



Kindness



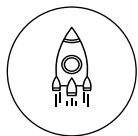
Leadership



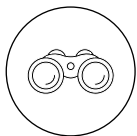
Love



Love of Learning



Perseverance



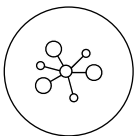
Perspective



Prudence



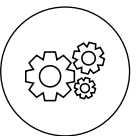
Self-Regulation



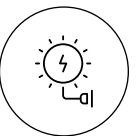
Social Intelligence



Spirituality



Teamwork



Zest



Discover Your Character Strengths

Step-by-Step Guide to Taking the VIA Character Strengths Survey

1. Go to www.viacharacter.org
2. Complete the free youth survey (takes about 15 min)
3. Print your results
4. Post them somewhere where you can see them every day

Modification and Accommodation Options for Students with Disabilities:

1. Find recommendations and suggested accommodations for teachers and support providers working with youth who have intellectual and developmental disabilities: [Supplemental Guide for Use When Supporting Youth with Intellectual and Developmental Disabilities to Complete the VIA-Youth](#)
2. Host a family/team meeting (in-person or virtually) to discuss your student(s) from a strengths perspective. Provide each attendee with a list of the 24 strengths and have them circle 5–7 strengths they have seen the student display. Then discuss.

TEACH

Strength Spotting

My Family's Strengths

In the spaces below, write the names of the most important people in your life (they can be family and friends). Spend some time reflecting on which of the 24 Character Strengths you see in them.

Strength Spotting in Hindsight

Reflect on what you did yesterday or the day before. Which strengths did you use throughout the day? What impact did using your strengths have on your daily activities?

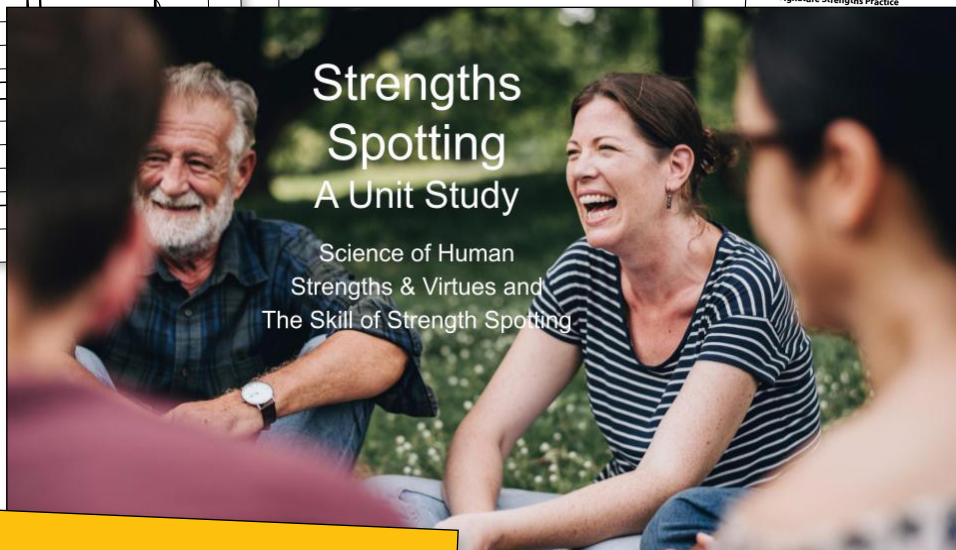
Shine a Light on YOUR Signature Strengths!

List your 5 Signature Strengths below and then answer the reflection questions.

1. _____
 2. _____
 3. _____
 4. _____
 5. _____

Signature Strengths Practice

How did you use your Signature Strengths today?
 How did you use your Signature Strengths yesterday?
 How did you use your Signature Strengths last week?
 How did you use your Signature Strengths last month?
 How did you use your Signature Strengths last year?
 How did you use your Signature Strengths in your school/work?
 How did you use your Signature Strengths in your personal life/relationships?
 How did you use your Signature Strengths in your community?
 How did you use your Signature Strengths in your career?
 How did you use your Signature Strengths in your family?



Humor Creativity Fairness
 Honesty Forgiveness Judgment
 Perspective Self-Regulation Hope