

VIA  
CHARACTER  
STRENGTHS  
SUMMARY

CHEAT SHEET

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INTRODUCTION TO STRENGTHS

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THESTRENGTHSLAB

A MICHELLEMCQUAID PROGRAM



### APPRECIATION OF BEAUTY & EXCELLENCE – TRANSCENDENCE

You like things that are done well. You're frequently swept up in what's going on around you as you walk around, read, listen or watch things. A lover of nature, art, literature and/or science you thrive in environments where good work is encouraged, admired and valued among people. Just be careful not to let this strength undermine your willingness to deal with the more mundane and ordinary parts of your life or to tie you up in knots of perfectionism.



### BRAVERY – COURAGE

You put your heart on the line. You're in your element when you're evaluating, confronting and making the best of life's challenges. You feel fear, like anyone, but it is your ability to act in spite of these feelings that allows you to take on new challenges, persevere through setbacks and failures, or champion the interests of others. But be careful that your courage doesn't cross over into recklessness by weighing up if your big, bold ideas are worth the risk. Try piloting new ideas to minimize the risk.



### CREATIVITY – WISDOM

You like finding new ways of doing things. You're constantly thinking of different ways to make sense of the world, solve problems and express yourself. At work, you thrive on novelty and a flexible environment where you're given the room and the support to think outside the box. Be conscious to not get so caught up in your big ideas that you fail to deliver what's required.



### CURIOSITY – WISDOM

You like figuring out how things work and why. You enjoy delving into information, asking questions, engaging in new experiences, and taking action to feed your desire to keep growing. You thrive when tasked with solving a challenging problem or meeting particular goals. Just be mindful not to become so fascinated with your explorations, that you begin to annoy people or fail to deliver.



### FAIRNESS – CITIZENSHIP

You keep things just. You have a strong sense of what you believe to be right and act accordingly. You care deeply about others and want to do the right thing by them. Make sure this strength doesn't tip towards righteousness, by taking the time to understand the intentions and not just the actions when things sound or appear unjust.



### FORGIVENESS – TEMPERANCE

You never hold a grudge. For you, feeling good in life is only possible when you let go of hurt feelings and forgive people for their mistakes. You believe in giving others a second chance and trying to not only make up, but learn from any disagreements. Just be careful that 'keeping the peace' doesn't turn into people taking advantage of your generous nature.



### GRATITUDE – TRANSCENDENCE

You are thankful for all the good things in your life. In addition to savoring the positive things in your own life, you appreciate the chance to thank others and to be thanked by them. Just be mindful to be genuine in your expressions of your gratitude and understand that not everyone likes to be thanked in the same ways that you do.



### HONESTY – COURAGE

You tell it like it is. You're authentic, keep your promises and never beat around the bush – people always know where they stand with you. You thrive when doing work that is aligned to your values and allows you to 'walk your talk'. Be aware that not everybody values honesty as highly as you do. This doesn't make them dishonest but it does mean the way you communicate may need to be less blunt.



### HOPE – TRANSCENDENCE

You're a glass-half full kind of person. You expect the best for the future and regularly look on the bright side of life, finding positives where others might see only negatives. You believe that tomorrow will be better than today, and that you can make it so enables you to create clear, plausible and flexible plans to achieve your goals. Just be careful your hopeful outlook doesn't turn into blind optimism: being realistic helps you deliver real results.



### HUMILITY – TEMPERANCE

You'd rather blend into the crowd than stand out. You're able to put others' needs before your own and understand that we're each part of a bigger picture. While you recognize your strengths and successes, you prefer not to publicize these and instead let your work speak for itself. To avoid humility from turning into self-deprecation, step outside your comfort zone and help your team to understand what you have to offer.



### HUMOR – TRANSCENDENCE

You love to make people laugh. You like to focus on the lighter side of life and use your humor to encourage and uplift others. You make the ordinary livelier and put others at ease in times of stress. Just be careful not to use your humor as a way to deflect life's more serious moments.



### JUDGEMENT – WISDOM

You're a look-before-you leap kind of person. You're able to evaluate information and consider all the possibilities before reaching a conclusion. You're open to new ideas and opinions and able to challenge your own personal assumptions. Just be careful not to get caught up looking for the perfect answer or overwhelming yourself by asking too many questions.



### KINDNESS – HUMANITY

You truly enjoy helping others. Kind for its own sake, rather than for any personal gain. You often go out of your way to make other people happy. You love knowing that your actions have positively impacted people and feel good brightening someone else's day. Just be sure to show as much kindness for yourself as you do for others, and don't let your generosity be taken advantage of.



### LEADERSHIP – CITIZENSHIP

You have a knack for motivating others to take action and reach their goals. You enjoy planning and organizing group activities, and others turn to you for direction. You assume responsibility for the group's challenges and successes. To truly represent others, be sure to listen to all perspectives and let other people have the floor every now and again.



### LOVE – HUMANITY

You are a people person. You feel close to others, care deeply and express warmth and compassion for those who matter to you. You put others' needs before your own and take pleasure in being able to foster good relationships. You have people in your life who care deeply about you, but also be sure to leave enough love to care for yourself.



### LOVE OF LEARNING – WISDOM

You are a font of interesting facts. You relish the chance to increase your knowledge, whether by: reading, going to museums/libraries, taking classes or watching educational TV. You thrive when given the opportunity to use a new skill or further develop your knowledge. Just try to avoid being a “know-it-all” and make sure you give other people the chance to share their knowledge too.



### PERSEVERANCE – COURAGE

You get the job done! Setting goals and working hard to reach them, you're willing to tough it through long hours to complete a project. Your dedication can pick others up who might've otherwise fallen short of the target. Just make sure finishing things doesn't become an obsession that burns you out or keeps you pursuing an unworkable idea for far too long.



### PERSPECTIVE – WISDOM

You see the big picture. People seek you out for your down-to-earth advice and insight that helps others to make sense of the world, particularly in the midst of challenges and conflict. Often described as wise beyond your years you thrive when engaged in tasks that draw on your experiences and expertise. Just be sure it's the right time and place as you share your advice with others and don't become burdened by becoming the secret keeper for others.



### PRUDENCE – TEMPERANCE

You keep things on track. As someone who values a good plan, you like to make sure that details are attended to, risks are managed, milestones are met, and results are achieved. Good at regulating your behaviors to meet your goals, you thrive when you're able to take the necessary steps to deliver results. Just be careful not to live too by the book by making room for some spontaneity and happy coincidences.



### SELF-REGULATION – TEMPERANCE

You are the master of managing your urges. You are able to control your impulses, desires and emotions and thrive when work and life feel balanced, ordered and progressing towards your goals. Just make sure you give yourself permission to flex your routines during stressful periods and relax and have fun when you need to.



### SOCIAL INTELLIGENCE – HUMANITY

You're great at reading people. You notice people's emotions, can size up their intentions and understand what makes them tick and are able to respond accordingly. You thrive when this knowledge can be useful and beneficial in group situations, especially when confronting challenges. Just be careful not to become an armchair psychologist who is more interested in analyzing people, than genuinely connecting with them.



### SPIRITUALITY – TRANSCENDENCE

You have a clear sense of meaning and purpose and it brings you great comfort. Your beliefs influence everything you do and as a result you thrive when you're able to participate in work that feels meaningful, is aligned to your values and is of benefit to others. Just be careful that your strong sense of purpose doesn't become obsessive or frighten others.



### TEAMWORK – CITIZENSHIP

You are a team player. You're at your best working with others, rather than alone, and feel a strong sense of loyalty and commitment to help your team achieve the best outcomes. You willingly put the team's needs ahead of your own, just be sure that this doesn't get taken advantage of. Also, try to be aware that allegiance doesn't blind you to areas for team improvement or cause you to feel superior to other teams.



### ZEST – COURAGE

You're full of energy. Completely engaged and enthusiastic about life, you look forward to each day and this energy is contagious for others. You love to be in the driver's seat of your life; riding the waves of your energy to get the job done. Just be sure that your enthusiasm doesn't run away with you, by being mindful of others' energy levels and slowing down when needed.

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