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Daily Reflection: Strengths & Values

This activity is meant to help you acknowledge times you engage with things important to you and the traits you utilize each day.

Inspiration to draw from using Values in Action

CREATIVITY

- Clever
- Original & Adaptive
- Problem Solver

CURIOSITY

- Interested
- Explores new things
- Open to new ideas

JUDGMENT

- Critical thinker
- Thinks things through
- Open-minded

LOVE OF LEARNING

- Masters new skills & topics
- Systematically adds to knowledge

PERSPECTIVE

- Wise
- Provides wise counsel
- Takes the big picture view

BRAVERY

- Shows valor
- Doesn't shrink from fear
- Speaks up for what's right

PERSEVERANCE

- Persistent
- Industrious
- Finishes what one starts

HONESTY

- Authentic
- Trustworthy
- Sincere

ZEST

- Enthusiastic
- Energetic
- Doesn't do things half-heartedly.

LOVE

- Warm and genuine
- Values close relationships

KINDNESS

- Generous
- Nurturing, Caring
- Compassionate
- Altruistic

SOCIAL INTELLIGENCE

- Aware of the motives and feelings of self/others
- Knows what makes others tick

TEAMWORK

- Team player
- Socially responsible
- Loyal

FAIRNESS

- Just
- Doesn't let feelings bias decisions about others

LEADERSHIP

- Organizes group activities
- Encourages a group to get things done

FORGIVENESS

- Merciful
- Accepts others' shortcomings
- Gives people a second chance

HUMILITY

- Modest
- Lets one's accomplishments speak for themselves

PRUDENCE

- Careful
- Cautious
- Doesn't take undue risks

SELF-REGULATION

- Self-controlled
- Disciplined
- Manages impulses and emotions

APPRECIATION OF BEAUTY & EXCELLENCE

- Feels awe and wonder in beauty
- Inspired by goodness of others

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GRATITUDE

- Thankful for the good
- Expresses thanks

HOPE

- Optimistic
- Future-Oriented

HUMOR

- Playful
- Brings smiles to others
- Lighthearted

SPIRITUALITY

- Searches for meaning
- Feels a sense of purpose
- Senses a relationship with the sacred

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Sunday

Value(s) engaged with:

Strength(s) used:

Monday

Value(s) engaged with:

Strength(s) used:

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Tuesday

Value(s) engaged with:

Strength(s) used:

Wednesday

Value(s) engaged with:

Strength(s) used:

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Thursday

Value(s) engaged with:

Strength(s) used:

Friday

Value(s) engaged with:

Strength(s) used:
