

# Appendix F

## *Strength Cards*

Please refer to the Web site, [www.sagepub.com/wardreuter](http://www.sagepub.com/wardreuter) for guidance in using Strength Cards during sessions with clients and for instructions to reprint additional sets of Strength Cards.





## **Honest**

**I am honest when I . . .**

## **Genuine**

**I am genuine when I . . .**

## **Authentic**

**I am authentic when I . . .**

## **Diligent**

**I am diligent when I . . .**

## **Industrious**

**I am industrious when I . . .**

## **Tenacious**

**I am tenacious when I . . .**

## **Energetic**

**I am energetic when I . . .**

## **Enthusiastic**

**I am enthusiastic when I . . .**

**Ability to exercise your will  
even against opposition**

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## **Lovable**

**I am lovable when I . . .**

## **Caring**

**I am caring when I . . .**

## **Generous**

**I am generous when I . . .**

## **Kind**

**I am kind when I . . .**

## **Intuitive**

**I am intuitive when I . . .**

## **Playful**

**I am playful when I . . .**

## **Good-Humored**

**I am good-humored when I . . .**

## **Modest**

**I am modest when I . . .**

**Ability to appreciate those around  
you by tending to and nurturing  
relationships**

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## **Humble**

**I am humble when I . . .**

## **Forgiving**

**I am able to forgive when I . . .**

## **Cautious**

**I am cautious when I . . .**

## **Merciful**

**I am merciful when I . . .**

## **Discreet**

**I am discreet when I . . .**

## **Prudent**

**I am prudent when I . . .**

## **Self-Regulated**

**I am self-regulated when I . . .**

## **Self-Controlled**

**I am self-controlled when I . . .**

**Ability to demonstrate  
consistency and moderation**

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consistency and moderation**

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consistency and moderation**



## **Astute/ Discerning**

**I am astute/discerning when I . . .**

## **Curious**

**I am curious when I . . .**

## **Open-Minded**

**I am open-minded when I . . .**

## **Analytical**

**I am analytical when I . . .**

## **Creative**

**I am creative when I . . .**

## **Original**

**I am original when I . . .**

## **Ingenious**

**I am ingenious when I . . .**

## **Inquisitive**

**I am inquisitive when I . . .**

**Ability to use your own  
knowledge and experience**

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knowledge and experience**

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## **Grateful**

**I am grateful when I . . .**

## **Hopeful**

**I am hopeful when I . . .**

## **Optimistic**

**I am optimistic when I . . .**

## **Future-Minded**

**I am future-minded when I . . .**

## **Spiritual**

**I am spiritual when I . . .**

## **Believing in Faith**

**I believe in faith when I . . .**

## **Appreciative of Excellence**

**I am appreciate excellence  
when I . . .**

## **Appreciative of Beauty**

**I am appreciate beauty  
when I . . .**

**Ability to see a connection  
between yourself and the larger  
world around you**

**Ability to see a connection  
between yourself and the larger  
world around you**

**Ability to see a connection  
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## **Even-Handed**

**I am even-handed when I . . .**

## **Fair**

**I am fair when I . . .**

## **Having Perspective**

**I have perspective when I . . .**

## **Loyal**

**I am loyal when I . . .**

## **Collaborative**

**I am able to collaborate when I . . .**

## **Inspiring**

**I am inspiring when I . . .**

## **Just**

**I am just when I . . .**

## **Showing Leadership**

**I am able to show leadership  
when I . . .**

**Ability to be fair and responsible  
to yourself and others**

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to yourself and others**

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# Resolute

I am resolute when I . . .

# Brave

I am brave when I . . .

**Ability to exercise your will  
even against opposition**

**Ability to exercise your will  
even against opposition**