

Name: _____

Date: _____

Strengths and Weaknesses

P Z U S C N H F B M E T H N O C E N T R I C C L
F I N U P G Z U A Q I O Q U P C T S H O A R G S
R M T B V D L S J K F T U C W I U P S G Y U B C
E F C J U O L B X M L U J H L I G E U Y J B N T
E M J E T O S K B H O Q W G I Q E D W H R W S F
W F X C W J Q K J H U N C O O H P N G V Y M H N
I C V T G T Q E X Y S M B O J N Z J C M I X V E
L G R I Q N W U Y X O U A M I N D F U L N E S S
L Q N V K X J B A Q W A U N B L N Q F C E I F D
L N B E X F U C Q L F C F B I R K U P X A L X S
B T V H O C M B S A I P O T S S F O S D P Z I R
S B C Q N A A A C W T T V K W V T E P K P W L H
U D C U B F C K V W L S Y M Q H G I P G L N Y A
H Y L N X N F Q D J Z F T O V Q Q I C A I X C U
C J F X P S G Y Q S J U W G F N T H P X C L S B
K Y L R H E Y Y V B B K W H G L F J A A A V E M
M J H I I L Q C M T X J H K X G I H S M T K R V
N B E N S I H S P J A K D F C A H F N P I W I X
W D L A S G T U M W D S L F R G B G E V O K Z E
J J N O D M N A D K Z L G B T X B Z T K N A S J
G O F N U A R A Q F N V O Y G T K T P H S L X E
P L A G J N S H T G N E R T S C I T N E H T U A
S E C N E R E F F I D L A U D I V I D N I M B O
A Y F Y B Q J D V O I Y E V A B R M Y W J C V M

Individual differences

Authentic strengths

Quality of Life

Ethnocentric

Applications

Mindfulness

Humanistic

Subjective

Free will

Seligman

Maslow