<table>
<thead>
<tr>
<th>NKU Strong</th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>KINDNESS</strong>&lt;br&gt;StrengthStarters</td>
<td><strong>GRATITUDE</strong>&lt;br&gt;StrengthStarters</td>
</tr>
<tr>
<td>Share a time when someone showed you an unexpected act of kindness.</td>
<td>What is something that happened yesterday that you are grateful for?</td>
</tr>
<tr>
<td><strong>HOPE</strong>&lt;br&gt;StrengthStarters</td>
<td><strong>HUMOR</strong>&lt;br&gt;StrengthStarters</td>
</tr>
<tr>
<td>What is something in the next 6 months that you are excited about?</td>
<td>What is the funniest thing that ever happened to you?</td>
</tr>
<tr>
<td><strong>SPIRITUALITY</strong>&lt;br&gt;StrengthStarters</td>
<td><strong>BRAVERY</strong>&lt;br&gt;StrengthStarters</td>
</tr>
<tr>
<td>If you could accomplish one thing in your life, what would it be?</td>
<td>Share a time when you had to be brave.</td>
</tr>
</tbody>
</table>
**GRATITUDE** is one of the 24 VIA Character Strengths!

Character strengths are the **positive parts** of your personality that describe you at your best.

Find out your unique strengths by taking the VIA Character Strength survey at [www.viacharacter.org](http://www.viacharacter.org).

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What is the hardest thing you have ever done?

PERSEVERANCE

What gets you out of bed and going in the morning [not coffee]?

ZEST

Share a time when you noticed something wasn’t fair.

FAIRNESS

Share a time when you told the truth even though it would have been easier to lie.

HONESTY

What is the most memorable team you have been a part of?

TEAMWORK

Share a time when you had to motivate others to do something.

LEADERSHIP
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Who is someone you love?

Share a time when you had to see something from another person’s perspective.

LOVE
StrengthStarters

When was the last time you were in awe?

Share a time when someone forgave you.

APPRECIATION OF BEAUTY & EXCELLENCE
StrengthStarters

Share a time when you let your actions speak for themselves.

HUMILITY
StrengthStarters

What is the last thing you had to plan ahead for?

FORGIVENESS
StrengthStarters

PRUDENCE
StrengthStarters
SOCIAL INTELLIGENCE is one of the 24 VIA Character Strengths!

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HUMILITY is one of the 24 VIA Character Strengths!

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Share a time when you had to exercise self control.

What is the craziest idea you’ve had in the past 3 months?

What is a topic you are curious about?

When is the last time you changed your opinion or stance on something?

What is something new you’ve learned this week?

Share a time when someone asked for your advice.
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SELF REGULATION is one of the 24 VIA Character Strengths!

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CURIOSITY is one of the 24 VIA Character Strengths!

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PERSPECTIVE is one of the 24 VIA Character Strengths!

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LOVE OF LEARNING is one of the 24 VIA Character Strengths!

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