

NKU Strong

Share a time when someone showed you an unexpected act of kindness.

**KINDNESS**  
StrengthStarters

NKU Strong

What is something that happened yesterday that you are grateful for?

**GRATITUDE**  
StrengthStarters

NKU Strong

What is something in the next 6 months that you are excited about?

**HOPE**  
StrengthStarters

NKU Strong

What is the funniest thing that ever happened to you?

**HUMOR**  
StrengthStarters

NKU Strong

If you could accomplish one thing in your life, what would it be?

**SPIRITUALITY**  
StrengthStarters

NKU Strong

Share a time when you had to be brave.

**BRAVERY**  
StrengthStarters

**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**  
StrengthStarters

NKU Strong

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

**HONESTY**  
StrengthStarters

NKU Strong

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

**ZEST**  
StrengthStarters

NKU Strong

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

**TEAMWORK**  
StrengthStarters

NKU Strong

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

**FAIRNESS**  
StrengthStarters

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

**LEADERSHIP**  
StrengthStarters

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Who is someone  
you love?

**LOVE**  
StrengthStarters

NKUStrong

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

**SOCIAL INTELLIGENCE**  
StrengthStarters

NKUStrong

When was the last  
time you were in  
awe?

**APPRECIATION OF  
BEAUTY & EXCELLENCE**  
StrengthStarters

NKUStrong

Share a time when  
someone forgave  
you.

**FORGIVENESS**  
StrengthStarters

NKUStrong

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

**HUMILITY**  
StrengthStarters

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

**PRUDENCE**  
StrengthStarters

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Share a time when you had to exercise self control.

**SELF REGULATION**

StrengthStarters

NKU Strong

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

**CREATIVITY**

StrengthStarters

NKU Strong

What is a topic you are curious about?

**CURIOSITY**

StrengthStarters

NKU Strong

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

**JUDGEMENT**

StrengthStarters

NKU Strong

What is something new you've learned this week?

**LOVE OF LEARNING**

StrengthStarters

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Share a time when someone asked for your advice.

**PERSPECTIVE**

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