

# Character Strengths and Passions

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Sources: Kirby de Lanerolle <https://wowlifeworld.com/> and VIA Character Assessment at <https://www.viacharacter.org/>

The passion recipes according to Kirby de Lanerolle of WOW Life World from a presentation in the spring of 2023:

1. Make a list of everything you're passionate about.
  - a. What jobs have you held? Consider the volunteer things as well. What jobs would you LIKE to have but haven't yet done? Could one of these be a passion?
  - b. What things are you good at? What comes naturally to you even if you don't like it? These may be character traits as well as specific things you do well. For example, I have a tenacity to keep going even when I don't feel like it. That's a character trait. I'm a good cook and can sell anything. When I sold cars, I had the highest gross of the dealership, but I really disliked that job. Be sure to include natural personality traits here, too.
  - c. What things did you do as a child that came naturally to you? What intrigued you as a youngster? A physical thing might be a love of reading, building things (Legos as an example) or babysitting.
  - d. What have you dreamed about doing that you've not yet done?
  - e. What things make your heart sing? Gardening, hiking, fishing, being very social, entertaining, being a hostess, teaching, mentoring, inventing, etc.
  - f. There should be a mix between physical and spiritual on your list because they work together.
2. What are your life goals? Look over the list to see how the various items can be grouped together in specific recipes. For example, think about making a cake. What goes into that cake? What ingredients are needed to make a chocolate cake or a pineapple upside down cake? They are two different cakes with similar ingredients. Your recipes may have many of the same items with a few variations.
  - a. Create the recipe title first. See my examples on the next page. In a sense, these are categories with things from your list that work together. I have several recipes including the retreat center, business ventures, music (general), creation research, etc.
  - b. Then, add ingredients from your passion list to your categories (recipes). Some items from the list may be in several recipes. Just like flour is in many desserts and breads, you'll have some basic passions that are part of several recipes.
3. Begin creating life goals: 10-year, 5-year, 4-year, etc. for each "recipe."
  - a. Kirby suggested starting with shorter goals. If that works, great. For me, it was better to start with a 10-year goal. It's important to do what you feel led to do!
  - b. Create goals for each recipe.

General Comments...

- Don't worry if you don't get 25 passions right away. Start with what you get and go from there.
- Bring the VIA assessment in with this to help determine which character traits could lead to passions.
- Create one recipe at a time and add more as you're ready. Some passions may not be in a recipe right away.

To the right is a partial list of my passions. Notice that I have a mix of spiritual with the non-spiritual. I then took that list and began to create various recipes that made sense. I began the list with overall passions such as the topic of music. As I sat in that place of the void, more things were added. I started with the obvious things I've done in life and still like to do. Be sure to include what you DREAM of doing as well. They are still passions even though you've not yet done them.

The numbers in the 30's begin to deal with more of the spiritual things I've been researching and stepping into. These are things I want to see more of as the mystical being God created me to be. Your list will be comprised of things you're doing, things you've done, and things you dream of doing.

You'll also notice that I have some healing points on my list as well. Look at number 51 as an example. I was healed from a long sickness that was caused by negative emotional roots. I want to stay in a place of walking in divine health, so this item is still on my list because I need to learn more about it.

List of Passions:

1. Music – general
2. Create more music
3. Frequency research
4. Teaching/Mentoring
5. Owning a business
6. Write books and blogs
7. Managing events
8. Serving and hosting
9. Holistic health
10. Hebrew letters and music
11. New style of worship – function from kingdom perspective
12. Hone FIP training
13. Retreat center fully functioning
14. Music theory in creation
15. Archaeoacoustics
16. Archaeoastronomy
17. Arts and crafts
18. Recycled material building
19. Cooking
20. Learning from history
21. Camping
22. Trees, plants, landscaping
23. Have more fun events and parties at my house – friends, WOW, NWE, and
38. My voice to be heard
39. Explore more about musical instruments and find new ones and/or make them
40. Understand more about the new style of worship
41. Participate more in corporate worship that comes from Up Up so I can bring it Down Down
42. More passive income
43. Walk in complete health – no physical or emotional issues
44. More of a sense of family – doesn't have to be natural family
45. Understand more of the mystical life
46. Fully function as a living frequency resonator
47. Trans relocation
48. Bilocation
49. How to tune our spirit, soul, and bodies
50. Become an influencer in my community first, then the State of Idaho, then the nation.
51. Deal with emotional roots as they come up so I stay healthy
52. Learn to send frequencies that affect others – breakthrough, love, iov, peace

Figure 1

**Musical Endeavors**

Create music	Teaching/Mentoring
Work with musicians	Travel w/o financial concerns
Music theory	My voice to be heard
More writing	More instruments!
Community w/ influential peeps	New style of worship
Mystical musical life	More recording projects!
Frequency Retreats	Mystic Frequency Collaborative

**Business**

Healing Frequencies Music	Arts and crafts
Teaching/Mentoring	Holistic health
Manage events	Passive income
Serving and hosting	Mystic Frequency Collaborative
Cooking	Hone FIP training
Landscaping	Rental income?

Figure 2

On the left are two of my recipes. Note that some items are in both recipes. They include teaching/mentoring and the Mystic Frequency Collaborative. In my Creation Frequencies recipe list, there are many crossovers with the Musical Endeavors recipe. In addition, when you add an item to a recipe, make sure it's also added to your list of passions. Eventually, you'll end up with way above 25 as you create more recipes!

The final piece is to begin creating yearly goals. I believe Kirby suggested we start with one-year goals and work up. I did the opposite, so you'll need to do what works for you. There is no exact formula! Take your passion list to the place of creation (the Void) and listen to what God has to say to you about your list. More things will eventually be added to the list when you do this. After you've completed the VIA assessment, you'll get even more ideas!

Do note that it might be wise to do the VIA assessment during the process of creating a passion list. It will help and guide you into creating a passion list that fits your personality and style. What I present in the following pages is what God showed me when I took this list along with the VIA assessment to the garden of my heart in that place of the void. Remember that the void is where everything begins – it's a place of nothingness where nothing becomes something!

In this next section, we begin the VIA assessment. I'm a part of the Spokane WOW group where we were first introduced to VIA and passion recipes. Everyone in the group sent me their VIA results and the first question that came to my mind was, "How do these fit together?" I have no idea if VIA does this next piece on their website because I only signed up for the free version of the assessment.

The Lord highlighted to me that since there are several character traits in each of the categories listed below, the category has equal weight of importance as the individual character trait. Therefore, I was shown a way to view the characteristics in groups. Some people function more out of justice than wisdom as an example. You'll notice that all character traits are listed within the categories listed below. When we see the overall picture of which category is strongest for you, this could help you see and then step into your passions. It's important to remember that even #24 on your list is still part of your makeup. However, it might be a catalyst that feeds something higher up the list or vice versa. Here's the link: <https://www.viacharacter.org/> When the pop-up comes up, follow those instructions. Then, download or write down your VIA Assessment. Everything else you need is in this document.

<b>WISDOM</b> <i>Function through Peace</i>	<b>COURAGE</b> <i>Functions through Faithfulness/Patience</i>	<b>HUMANITY or HUMILITY</b> <i>Functions through Love and Kindness</i>	<b>TRANSCENDENCE</b> <i>Functions through Joy</i>	<b>JUSTICE</b> <i>Functions through Goodness</i>	<b>MODERATION or TEMPERANCE</b> <i>Functions through Gentleness and Self-Control</i>
Creatvity	Bravery	Love	Appreciation of Beauty	Teamwork	Forgiveness
Curiosity	Persistence	Kindness	Gratitude	Fairness	Modesty
Judgment	Honesty	Social Intelligence	Hope	Leadership	Prudence
Perspective	Zest		Humor		Self-control (regulation)
Love of Learning			Spirituality		

Figure 3

**Some categories and characteristics differ in names between WOW and VIA in Figure 3. I prefer WOW's names as described below:**

- **Category Renaming from VIA to WOW**
  - Moderation = Temperance
  - Humility = Humanity
- **Character Strength Renaming** Self-Control = Self-Regulation

Figure 4 lists twelve members of the Spokane WOW group according to their individual VIA profiles. Category colors are listed below the profiles and are not in a specific order. Those colors are closely reflected in the categories of Figure 3 (above).

- Do you see a theme among the group? Consider looking not only at a specific character strength but an entire category as part of your assessment. For example, green represents Transcendence and has five strengths in that category.
- By comparing everyone's list, what can you see as **group** strengths?
- Next, look at the bottom of the lists. What similarities do you notice there?
- Based on what you see from these twelve people, what might be clear focuses and/or key strengths for this group as they work together?

	A	B	C	D	E	F	G	H	I	J	K	L
2	Spirituality	Kindness	Creativity	Spirituality	Spirituality	Humor	Honesty	Fairness	Love	Spirituality	Humor	Spirituality
3	Love of Learning	Humor	Love of Learning	Gratitude	Creativity	Gratitude	Gratitude	Curiosity	Spirituality	Perspective	Spirituality	Gratitude
4	Gratitude	Forgiveness	Spirituality	Teamwork	Curiosity	Love of Learning	Perseverance	Bravery	App. Beauty/Exc.	Honesty	Curiosity	App. Beauty/Exc.
5	Hope	Self-Regulation	Hope	Honesty	Zest	App. Beauty/Exc.	Forgiveness	Spirituality	Love of Learning	Fairness	Love of Learning	Honesty
6	Forgiveness	Leadership	Judgment	Love	Love	Honesty	App. Beauty/Exc.	Creativity	Fairness	App. Beauty/Exc.	Fairness	Fairness
7	Curiosity	Teamwork	Curiosity	Forgiveness	Love of Learning	Kindness	Kindness	Love of Learning	Forgiveness	Kindness	Hope	Judgment
8	Perspective	Honesty	Self-Regulation	Curiosity	Fairness	Forgiveness	Spirituality	Honesty	Curiosity	Judgment	Kindness	Kindness
9	Teamwork	Love of Learning	Leadership	Social Intelligence	Hope	Perspective	Fairness	Forgiveness	Social Intelligence	Forgiveness	Judgment	Hope
10	Honesty	Fairness	Zest	Perspective	Forgiveness	Fairness	Hope	Kindness	Teamwork	Social Intelligence	Forgiveness	Forgiveness
11	Creativity	Hope	Love	App. Beauty/Exc.	Honesty	Hope	Self-Regulation	Gratitude	Gratitude	Humility	Social Intelligence	Humility
12	App. Beauty/Exc.	Judgment	Gratitude	Leadership	Social Intelligence	Curiosity	Teamwork	Love	Perspective	Bravery	Honesty	Perspective
13	Social Intelligence	Social Intelligence	Fairness	Zest	Self-Regulation	Bravery	Zest	Hope	Creativity	Leadership	Creativity	Prudence
14	Leadership	Prudence	Perseverance	Kindness	Prudence	Spirituality	Love	Judgment	Prudence	Love	Perseverance	Love
15	Humility	Love	Forgiveness	Humor	Teamwork	Creativity	Social Intelligence	Social Intelligence	Kindness	Perseverance	Perspective	Self-Regulation
16	Love	Spirituality	Prudence	Love of Learning	Kindness	Judgment	Prudence	Humor	Hope	Curiosity	App. Beauty/Exc.	Zest
17	Humor	Creativity	Honesty	Fairness	Gratitude	Social Intelligence	Love of Learning	Perspective	Humility	Humor	Prudence	Creativity
18	Judgment	Gratitude	Kindness	Humility	Judgment	Teamwork	Judgment	App. Beauty/Exc.	Zest	Love of Learning	Teamwork	Curiosity
19	Bravery	Curiosity	Perspective	Hope	Humility	Love	Humility	Humility	Judgment	Hope	Love	Social Intelligence
20	Self-Regulation	Bravery	Social Intelligence	Judgment	Perspective	Humility	Curiosity	Prudence	Leadership	Prudence	Gratitude	Teamwork
21	Zest	App. Beauty/Exc.	Teamwork	Perseverance	Perseverance	Leadership	Humor	Zest	Honesty	Gratitude	Humility	Love of Learning
22	Fairness	Zest	Humor	Bravery	App. Beauty/Exc.	Zest	Creativity	Leadership	Self-Regulation	Self-Regulation	Bravery	Leadership
23	Prudence	Humility	Bravery	Self-Regulation	Humor	Perseverance	Perspective	Teamwork	Humor	Teamwork	Self-Regulation	Bravery
24	Kindness	Perspective	Humility	Prudence	Leadership	Prudence	Leadership	Self-Regulation	Perseverance	Creativity	Leadership	Perseverance
25	Perseverance	Perseverance	App. Beauty/Exc.	Creativity	Bravery	Self-Regulation	Bravery	Perseverance	Bravery	Zest	Zest	Humor
26												
27												
28	CATEGORIES:	WISDOM	TRANSCENDENCE	TEMPERANCE	JUSTICE	COURAGE	HUMILITY					

Figure 4

EVERY character item on the list is a **strength**. Consider that strengths at the bottom of the list need to be “unlocked” through a strength at the top of the VIA list or vice versa. In a sense, it’s like putting a key (*a strength at the top/bottom of the list*) into a locked door (*a strength further up/down the list*). What’s on the other side of the door is only revealed once the door is opened. Also, consider that strengths towards the top are keys that CAN unlock a door that releases an ability for a strength lower down the list to function at its fullest potential. The key point? Strengths need other strengths to work at full potential.

To explain how this works, consider my job as a clarinet professor. Let’s take two clarinet students at the college level who are required to give a graduation recital to get their music degree in college. Student A has great technical facility and can play the notes off the page with minimal practice. Student B can’t play the notes as fast as Student A and needs to practice scales and arpeggios a lot more than Student A but has a wonderful sense of musicianship that comes quite naturally. One needs to work on technique and the other needs to work on making you feel emotional when you hear them play.

Just like these two students, everyone is going to have some characteristics that are stronger than others. Student A will need to practice a different way than Student B in order to build up strength in a category that’s lower in his/her ability level. But... when playing together in a musical ensemble, they complement each other quite nicely because you need both technique and musicianship for a musical ensemble to sound good. Therefore, each student will work on strengthening different performance skills on their own. However, in a group, their varying strengths will benefit everyone.

For the VIA profile strengths, it's important to assess the individual strengths first. At times, trauma can keep strengths locked up. See the "Finding the Golden Mean" at the end of this document to see how we can over or under use strengths that affect our life flows. As we heal from traumas, the ability to bring balance to each strength is greater. We discover our personal identity through a maturing process where it's easier to understand how to function in a group. If we don't understand our identity as an individual, it can be difficult to see how to work in a group setting. Our personal identity is a key that unlocks strategy in how we flow in life.

As you go through the VIA assessment, look to see how the various strengths connect and how they work for you as an individual as well as in a group setting. We aren't meant to be loners. It's OK to work alone but we also need to learn how to "play nice" with others in a group setting. Part of that is recognizing that the part we each play in a group may be different than our part as an individual. That may be why some strengths are toward the bottom of the list and others are closer to the top. We use them in different ways, circumstances, and situations.

The takeaway in this? We can never assume that because a strength is at the bottom of the list, you're not good at it. It may be in that position because it's needed in a group setting only while others are needed all the time so they're closer to the top. Going over the final page of this teaching will help you determine any potential issues that may have you locked up in areas that need some freedom.

### **Personal Assessment Strategy**

Let's look at the profiles of Person C and Person J from the Spokane WOW group as shown in *Figure 5*. They are very similar yet very different. Each character strength is listed under its category along with the number that strength is on the VIA profile. Look at Person C. In the Wisdom category, Person C has Love of Learning as #2 on the VIA strength list, Perspective as #18, Curiosity as #6, etc. Then, the following process was conducted for both Person C and Person J (see chart on next page):

1. Add up all the numbers in each category.
2. Put that totaled up number under TOTAL.
3. Divide the total by the number of character strengths in each category. For example, Wisdom has 5 strengths, so the total of all strengths in that category is divided by 5. In the C profile, the total for all wisdom character traits is 32. Divide 32 by 5 with the average being 6.4. Humility only has 3 strengths in that category so divide the total by 3. Profile C has a total score of 46 for all the character strengths in the Humility category. Divided by 3, the average is 15.33.
4. Write the average for each category under AVERAGE.
5. The LOWER the number, the stronger that category is for you. As an example, the C profile shows wisdom as being the strongest character category at 6.4. The J profile shows humility as being the strongest character category at 9.33.
6. This information is great to know and understand, especially when working in groups. As an individual, knowing the strongest categories along with where a character trait is on the list should help with creating passion recipes.
7. Keep in mind that ALL categories work together to create a whole person! No one character or category is better than another. Your uniqueness brings a piece that's needed in your recipe and in a group setting.

C PROFILE								
<b>WISDOM</b>	Love of Learning	Perspective	Curiosity	Judgment	Creativity	<b>TOTAL</b>	<b>AVERAGE</b>	
	2	18	6	5	1	32	6.4	
<b>TRANSCENDENCE</b>	Spirituality	Hope	Gratitude	Humor	App. Beauty/Exc.			
	3	4	11	21	24	63	12.6	
<b>TEMPERANCE</b>	Forgiveness	Humility	Prudence	Self-Regulation				
	14	23	15	7		59	14.75	
<b>JUSTICE</b>	Fairness	Teamwork	Leadership					
	12	20	8			40	13.33	
<b>COURAGE</b>	Perseverance	Honesty	Bravery	Zest				
	13	16	22	9		60	15	
<b>HUMILITY (Humanity)</b>	Love	Kindness	Social Intelligence					
	10	17	19			46	15.33	
<b>J PROFILE</b>								
<b>WISDOM</b>	Love of Learning	Perspective	Curiosity	Judgment	Creativity			
	17	2	15	7	23	64	12.8	
<b>TRANSCENDENCE</b>	Spirituality	Hope	Gratitude	Humor	App. Beauty/Exc.			
	1	18	20	16	5	60	12	
<b>TEMPERANCE</b>	Forgiveness	Humility	Prudence	Self-Regulation				
	8	10	19	21		58	14.5	
<b>JUSTICE</b>	Fairness	Teamwork	Leadership					
	4	22	12			38	12.66	
<b>COURAGE</b>	Perseverance	Honesty	Bravery	Zest				
	14	3	11	24		52	13	
<b>HUMILITY (Humanity)</b>	Love	Kindness	Social Intelligence					
	13	6	9			28	9.33	

Figure 5

Before going to the next section, be sure to have your VIA character assessment list numbered from #1 to #24 and written down somewhere. The list can be downloaded from the VIA website but it's just as easy to write them down, in order please. If you've not yet taken the VIA assessment, please do that now.

<https://www.viacharacter.org/>

Now, it's your turn! Grab your VIA profile and follow these simple steps. Print off the next few pages so you have written record of your work. You may want to consider using this as you continue to create your list of passions.

1. Transfer your numbers from the VIA profile to the form below. Each strength is listed so all you need to do is put the number underneath each strength.
2. Add up all the numbers in each category and put them in the corresponding-colored box under the word "Total."
3. Take the total of each category and write the average of that category under the word "Average."
  - a. Wisdom is the total divided by 5 = average
  - b. Transcendence is the total divided by 5 = average
  - c. Temperance is the total divided by 4 = average
  - d. Justice is the total divided by 3 = average
  - e. Courage is the total divided by 4 = average
  - f. Humility is the total divided by 3 = average

<b>WISDOM</b>	Love of Learning	Perspective	Curiosity	Judgment	Creativity	<b>TOTAL</b>	<b>AVERAGE</b>
<b>TRANSCENDENCE</b>	Spirituality	Hope	Gratitude	Humor	App. Beauty/Exc.		
<b>TEMPERANCE</b>	Forgiveness	Humility	Prudence	Self-Regulation			
<b>JUSTICE</b>	Fairness	Teamwork	Leadership				
<b>COURAGE</b>	Perseverance	Honesty	Bravery	Zest			
<b>HUMILITY (Humanity)</b>	Love	Kindness	Social Intelligence				

Next, you'll then take every strength in each category and list it IN ORDER as it appears on your strength list. Let's look at Person J's Wisdom list as an example. Perspective is #2 on the list so it will go under A. Judgment is #7 so it will go under B. Curiosity is #15 so it goes under C. Love of Learning is #17 so it goes under D and finally, Creativity is #23 and will go in under E. Essentially, all you're doing is reordering each category, so your top strength in EACH category is listed first. Please print off the next two pages for this exercise.

Follow these instructions:

1. Write the strength name under each letter within each category.
2. Write the corresponding number for that strength either next to or under the character strength.
3. Transfer the total for each category under "Total."
4. Transfer the average for each category under "Average."

*Here is the sample of how Person J would list the Wisdom category (in strength order).*

<b>WISDOM</b>	<b>A</b> Perspective #2	<b>B</b> Judgment #7	<b>C</b> Curiosity #15	<b>D</b> Love of Learning #17	<b>E</b> Creativity #23	<b>TOTAL</b>  64	<b>AVERAGE</b>  12.8
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*Transfer YOUR VIA Character Strengths to this list so they are ordered as in the example of Person J.*

<b>WISDOM</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>TOTAL</b>	<b>AVERAGE</b>
<b>TRANSCENDENCE</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>		
<b>TEMPERANCE</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	Leave blank		

<b>JUSTICE</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>Leave blank</b>	<b>Leave blank</b>		
<b>COURAGE</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>Leave blank</b>		
<b>HUMILITY</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>Leave blank</b>	<b>Leave blank</b>		

What is the point of the totals and averages? People may find categories are as important as individual character strengths. In a sense, it's another dimension of understanding how character flows from strength to strength. Here, there are 24 dimensions because there are 24 strengths. At any given time, a person can function more out of one strength over another, depending on the situation and what one strength might be the key for unlocking another strength. For Person C, the Wisdom category average is a lower score (*because all five strengths are closer to the top of the list*) than the averages within the other categories. Think of the scoring like a golf game – the lower the total, the better the score. In this case, switch out the word “better” with “higher on the strength list.”

For Person C, when functioning fully out of the Wisdom category, the combined strength of that category may unlock teamwork or bravery, which are much lower on the list. It's possible that a certain amount of curiosity and creativity combined will be the spark that's needed to unlock a bravery “door” that leads to the next dimensional aspect of curiosity and creativity. Or teamwork and bravery unlock yet another character strength door. This is how the process becomes multi-dimensional.

**A key point to note!** As an individual begins to understand his/her strengths and which strengths give more strength to others, there's a better understanding of personal identity. Personal identity then allows that person to function more fluently in a group setting. Without understanding personal identity, it's a bit more difficult (*but never impossible*) to find a place within a group. The more people begin to function from their passion lists and stacks (*recipes*), the more their strengths will come out. Why? Because it requires seeing which strengths unlock the yet-to-discover pieces of strengths further down the VIA list.

Because there are only “under use, optimal use, and overuse” strengths on the list, it's a matter of viewing the VIA strengths for what they are – strengths! At any given moment, a person will function from a different strength or combination of strengths on the list. This is probably why some people may struggle with how to answer the questions on the VIA profile questionnaire.

Assessing the VIA Profile is all about shifting mindsets in how we think about the similarities, connections, and differences between the top and bottom of the list.

# FINDING the GOLDEN MEAN

## CHARACTER UNDERUSE, OVERUSE, and OPTIMAL USE

This is a transference of information from the VIA website (viacharacter.org) so it's all in one place here. As we mature, we become more centered and flow into the "optimal use" category. And, when the flow works well from one character strength (or character category), "keys" unlock and open doors that can allow us to function optimally within each character strength as they "move in and out" of each other.

<b>Strength</b>	<b>Underuse</b>	<b>Optimal Use</b>	<b>Overuse</b>
Creativity	<i>Conforming; plain/dull</i>	<i>Uniqueness that is practical; original</i>	<i>Eccentric; odd; scattered</i>
Curiosity	<i>Bored; uninterested; apathetic</i>	<i>"Explorer," intrigued, open</i>	<i>Nosy; intrusive</i>
Judgment	<i>Illogical; naïve; closed-minded</i>	<i>Analytical, open-minded, logical</i>	<i>Narrow-minded; cynical; rigid</i>
Love of Learning	<i>Smug; uninterested</i>	<i>Information-seeking; lifelong learner</i>	<i>Know-it-all; elitist; overwhelming</i>
Perspective	<i>Shallow; superficial</i>	<i>Sees and offers the wider review</i>	<i>Overbearing; arrogant</i>
Bravery	<i>Cowardly; unwilling to act</i>	<i>Facing fears; confronting adversity</i>	<i>Risk-taking; foolish; overconfident</i>
Perseverance	<i>Lazy; helpless; giving up</i>	<i>Task completer; persistent</i>	<i>Stubborn; struggles to let go</i>
Honesty	<i>Phony; dishonest; inauthentic</i>	<i>True to oneself, sincere</i>	<i>Self-righteous; rude</i>
Zest	<i>Sloth-like; passive; sedentary</i>	<i>Happy; active; energized</i>	<i>Hyper; overactive; annoying</i>
Love	<i>Isolating; cut-off from others</i>	<i>Genuine, reciprocal warmth</i>	<i>Emotional overkill; touchy-feely</i>
Kindness	<i>Indifferent; selfish; meanspirited</i>	<i>Caring; compassionate; friendly</i>	<i>Intrusive; overly focused on others</i>
Social Intelligence	<i>Clueless; disconnected</i>	<i>Tuned in, then savvy; empathic</i>	<i>Over-analytical; self-deception</i>
Teamwork	<i>Self-serving; individualistic</i>	<i>Participative; loyal; collaborative</i>	<i>Dependent; loss of individuality</i>
Fairness	<i>Prejudice; complacency</i>	<i>Champions equal opportunity for all</i>	<i>Detached; uncaring justice</i>
Leadership	<i>Follower; compliant; passive</i>	<i>Positively influencing others</i>	<i>Bossy; controlling</i>
Forgiveness	<i>Vengeful; merciless</i>	<i>Letting go of hurt when wronged</i>	<i>Permissive; doormat</i>
Humility	<i>Arrogant; self-focused</i>	<i>Focuses attention on others; modest</i>	<i>Self-deprecation; limited self-image</i>
Prudence	<i>Reckless; thrill-seeking</i>	<i>Wisely cautious; goal-oriented</i>	<i>Stuffy; prudish; passive</i>
Self-Regulation	<i>Impulsive; undisciplined</i>	<i>Mindful; disciplined</i>	<i>Constricted; obsessive</i>
Appreciation of Beauty and Excellence	<i>Oblivious; stuck in autopilot</i>	<i>Seeing the life behind things</i>	<i>Snobbery; perfectionistic</i>
Gratitude	<i>Entitled; self-absorbed</i>	<i>Connected; appreciating positives</i>	<i>Contrived; repetitive</i>
Hope	<i>Negative; past-oriented</i>	<i>Positive expectations; optimistic</i>	<i>Unrealistic; blind optimism</i>
Humor	<i>Overly serious; flat affect</i>	<i>Laughter/joy with others; playful</i>	<i>Tasteless/offensive; giddy</i>
Spirituality	<i>Unaware of core values</i>	<i>Connected with the sacred</i>	<i>Preachy/proselytizing; fanatical</i>