

Character Strengths	Courage	Compassion	Resilience	Leadership	Optimism
	Honesty	Creativity	Bravery	Patience	Fairness
	Kindness	Wisdom	Empathy	Forgiveness	Gratitude
	Perseverance	Integrity	Generosity	Curiosity	Self-discipline
Skills	Communication	Problem-solving	Active listening	Resolving conflict	Teamwork
	Leadership	Creativity	Empathy	Organisation	Adaptability
Challenges	Trouble making friends	Academic pressure	Conflict with a friend	Managing stress	Conflict with a family member
	Scared of failure	Peer pressure	Spending too much time on technology	Public speaking	Low self-confidence

Lifechanger: Strengths, Skills and Challenges list (Lesson 25)