

Cadette Science of Happiness Badge

Signature Strengths

Find Your Voice:

1. Creativity: You love finding new, and interesting ways do things

2. Curiosity: You take an interest in new experiences

3. Open-mindedness: You're able to see things from all sides

4. Love of learning: You love to learn new ideas and skills

5. Wisdom: You have a way of looking at the world that makes sense to other people

6. Bravery: You do not back down from a challenge if you know you are right

7. Persistence: You finish what you start, no matter what stands in your way

8. Integrity: You present yourself in a genuine way and take responsibility for your actions

9. Vitality: You approach life with excitement and energy

10. Love: You value your relationships with family and close friends, and they value you

11. Kindness: You're generous; you enjoy doing favors and good deeds for others

12. Social intelligence: You're aware of the feelings of yourself and others

13. Citizenship: You work well in a group or team, and you're loyal to your group

14. Fairness: You treat all people fairly; you aren't biased

15. Leadership: You like leading groups; you're comfortable motivating people and helping everyone get along

16. Forgiveness: You feel comfortable giving people second chances

17. Humility: You don't seek attention, letting your accomplishments speak for themselves

18. Prudence: You weigh your choices carefully and think before you act

19. Self-regulation: You're able to control your impulses

20. Appreciation of beauty and excellence: You notice the beauty in everyday life

21. Gratitude: You're aware of the good things in your life and take the time to express thanks

22. Hope: You expect good things to happen; you believe the future is in your control

23. Humor: You love to laugh and make other people laugh

24. Spirituality: You have strong beliefs in a higher purpose