

Strength Words List



The following is a list of common strength words. For use with our [Strength Cards](#) activity, we recommend choosing approximately 52-54 words to write or print on index cards.

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| 1. Adventurous | 27. Fair | 53. Outgoing |
| 2. Assertive | 28. Focused | 54. Patient |
| 3. Accurate | 29. Flexible | 55. Peaceful |
| 4. Appreciative | 30. Forgiving | 56. Playful |
| 5. Artistic | 31. Friendly | 57. Practical |
| 6. Authentic | 32. Generous | 58. Perseverant |
| 7. Brave | 33. Gentle | 59. Protective |
| 8. Capable | 34. Grateful | 60. Purposeful |
| 9. Careful | 35. Happy | 61. Relaxed |
| 10. Caring | 36. Hardworking | 62. Resourceful |
| 11. Co-Operative | 37. Helpful | 63. Reliable |
| 12. Committed | 38. Honest | 64. Resilient |
| 13. Confident | 39. Hopeful | 65. Respectful |
| 14. Contented | 40. Humble | 66. Responsible |
| 15. Creative | 41. Humorous | 67. Skillful |
| 16. Clever | 42. Inquisitive | 68. Strategic |
| 17. Compassionate | 43. Independent | 69. Spontaneous |
| 18. Courageous | 44. Kind | 70. Strong |
| 19. Curious | 45. Loving | 71. Thoughtful |
| 20. Determined | 46. Loyal | 72. Trustworthy |
| 21. Different | 47. Leading | 73. Understanding |
| 22. Decisive | 48. Lively | 74. Versatile |
| 23. Dedicated | 49. Open | 75. Welcoming |
| 24. Encouraging | 50. Observant | 76. Wise |
| 25. Enthusiastic | 51. Organized | |
| 26. Energetic | 52. Open-Minded | |

