



Worksheet – Activity 1 – Understanding strengths

Worksheet: Hero's Medal

Name: _____ Date: _____

Hero's Medal

Instructions: Think of a personal hero, or a person that you admire. This can be anyone from a friend, sibling, or parent to a fictional character, or a famous person from any field, e.g. sports, film, music, politics, activism. Think of 1–3 examples of character strengths that this person uses. Respond to prompts 1–4 on the worksheet.

Write/draw in the boxes below:

1. A person I admire is [name]: _____

2. They use [insert strength 1] _____ to:

3. They use [insert strength 2] _____ to:

4. They use [insert strength 3] _____ to:

What do you think/feel when you observe this character strength in action? Write/draw:

