

# Session 17: Realizing Life's Potential

## The Seven Values of Abundant Living and the 24 Character Strengths

In order to assess our functioning and growth in the Seven Values of Abundant Living, we have created a paradigm using the definitions of the 24 character strengths re-organized according to the Seven Values of Abundant Living. With the definitions of these character strengths in mind (Appendix H of your workbook), rate your current functioning and growth in each character strength according to the following scale.

**1=Not Descriptive, 2 = Sometimes Descriptive,  
3 = Fairly Descriptive, 4 = Descriptive, 5 = Strongly Descriptive**

7 Values of Abundant Living	Character Strength	Rating (1-5)
Grace	Forgiveness/Mercy	
	Hope/Optimism	
	Humor	
Group	Love of People	
	Kindness	
	Social Intelligence	
	Citizenship	
Growth	Love of Learning	
	Persistence	
	Integrity	
	Self-Regulation	
Gifts	Creativity	
	Bravery	
	Vitality	
Glorification	Humility/Modesty	
	Appreciation of Beauty and Excellence	
	Spirituality/Purpose	
Guidance	Curiosity	
	Open Mindedness	
	Perspective/Wisdom	
	Leadership	
Good Stewardship	Fairness	
	Prudence	
	Gratitude	