



FINDING THE GOOD

April 2010 :: Worksheet by Hannah Graham, University of Tasmania

An important part of recovery is strengthening our weaknesses, and finding the good within ourselves. A part of becoming the change we want to be is accepting ourselves as moral people, regardless of our past. The decisions we make, based on our personal convictions and growing in new strengths, can enrich our relationships and ability to give back to our community.

List of Moral Strengths

Integrity	Loyalty	Compassion & Mercy
Love & Care	Patience	Wisdom & Discernment
Honesty	Kindness	Trustworthiness
Respect	Hope	Thoughtfulness
Generosity	Resilience	Openness & Transparency
Forgiveness	Joy	Faithfulness & Reliability
Faith/Belief	Peacefulness	Self Control & Discipline
Justice	Diligence	Leadership & Vision
Courage	Encouragement	Grace
Dignity & Honour	Gallantry/Chivalry	Remorse/Repentance

Which strengths do you have? How do you live them out or show them?

Which strengths would you like to grow in? Write down some little or big steps that you can take to develop these strengths.