

CHARACTER STRENGTHS AND VIRTUES

These are 24 character strengths that are taken from Character Strengths and Virtues: A Handbook and Classification by Christopher Peterson and Martin E. P. Seligman, Oxford University Press, 2004.

Wisdom and Knowledge:

Creativity (originality, ingenuity): Thinking of novel and productive ways to conceptualize and do things.

Curiosity (interest, novelty-seeking, openness to experience): Taking an interest in ongoing experiences for its own sake; exploring and discovering

Open-mindedness (judgment, critical thinking): Thinking things through and examining them from all sides; weighing all evidence fairly.

Love of learning: Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally.

Perspective (wisdom): Being able to provide wise counsel to others; having ways of looking at the world that make sense to oneself and to other people

Courage:

Bravery (valor): Not shrinking from threat, challenge, difficulty, or pain; acting on convictions even if unpopular.

Persistence (perseverance, industriousness): Finishing what one starts; persisting in a course of action in spite of obstacles.

Integrity (authenticity, honesty): Presenting oneself in a genuine way; taking responsibility for one's feelings and actions

Vitality (zest, enthusiasm, vigor, energy): Approaching life with excitement and energy; feeling alive and activated

Humanity:

Love: Valuing close relations with others, in particular those in which sharing and caring are reciprocated.

Kindness (generosity, nurturance, care, compassion, altruistic love, "niceness"): Doing favors and good deeds for others.

Social intelligence (emotional intelligence, personal intelligence): Being aware of the motives and feelings of other people and oneself.

Justice:

Citizenship (social responsibility, loyalty, teamwork): Working well as a member of a group or team; being loyal to the group.

Fairness: Treating all people the same according to notions of fairness and justice; not letting personal feelings bias decisions about others.

Leadership: Encouraging a group of which one is a member to get things done and at the same time maintain good relations within the group.

Temperance:

Forgiveness and mercy: Forgiving those who have done wrong; accepting the shortcomings of others; giving people a second chance; not being vengeful

Humility / Modesty: Letting one's accomplishments speak for themselves; not regarding oneself as more special than one is.

Prudence: Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted.

Self-regulation (self-control): Regulating what one feels and does; being disciplined; controlling one's appetites and emotions.

Transcendence:

Appreciation of beauty and excellence (awe, wonder, elevation): Appreciating beauty, excellence, and/or skilled performance in various domains of life.

Gratitude: Being aware of and thankful of the good things that happen; taking time to express thanks.

Hope (optimism, future-mindedness, future orientation): Expecting the best in the future and working to achieve it.

Humor (playfulness): Liking to laugh and tease; bringing smiles to other people; seeing the light side.

Spirituality (religiousness, faith, purpose): Having coherent beliefs about the higher purpose, the meaning of life, and the meaning of the universe.