Character Strengths and Virtues
The List

Strengths of Wisdom and Knowledge: Cognitive strengths that entail the acquisition and use of knowledge

1. Creativity [originality, ingenuity]: Thinking of novel and productive ways to conceptualize and do things.
2. Curiosity [interest, novelty-seeking, openness to experience]: Taking an interest in ongoing experience for its own sake; exploring and discovering.
3. Open-mindedness [judgment, critical thinking]: Thinking things through and examining them from all sides; weighing all evidence fairly.
4. Love of learning: Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally.
5. 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.

Strengths of Courage: Emotional strengths that involve the exercise of will to accomplish goals in the face of opposition, external and internal

6. Bravery [valor]: Not shrinking from threat, challenge, difficulty, or pain; acting on convictions even if unpopular.
7. Persistence [perseverance, industriousness]: Finishing what one starts; persisting in a course of action in spite of obstacles.
8. Integrity [authenticity, honesty]: Presenting oneself in a genuine way; taking responsibility for one's feeling and actions.
9. Vitality [zest, enthusiasm, vigor, energy]: Approaching life with excitement and energy; feeling alive and activated.

Strengths of Humanity: interpersonal strengths that involve tending and befriending others

10. Love: Valuing close relations with others, in particular those in which sharing and caring are reciprocated.
11. Kindness [generosity, nurturance, care, compassion, altruistic love, "niceness"]: Doing favors and good deeds for others.
12. Social intelligence [emotional intelligence, personal intelligence]: Being aware of the motives and feelings of other people and oneself.
Strengths of Justice: civic strengths that underlie healthy community life

13. Citizenship [social responsibility, loyalty, teamwork]: Working well as a member of a group or team; being loyal to the group.
14. Fairness: Treating all people the same according to notions of fairness and justice; not letting personal feelings bias decisions about others.
15. Leadership: Encouraging a group of which one is a member to get things done and at the same maintain time good relations within the group.

Strengths of Temperance: strengths that protect against excess

16. Forgiveness and mercy: Forgiving those who have done wrong; accepting the shortcomings of others; giving people a second chance; not being vengeful.
17. Humility / Modesty: Letting one's accomplishments speak for themselves; not regarding oneself as more special than one is.
18. Prudence: Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted.
19. Self-regulation [self-control]: Regulating what one feels and does; being disciplined; controlling one's appetites and emotions.

Strengths of Transcendence: strengths that forge connections to the larger universe and provide meaning

20. Appreciation of beauty and excellence [awe, wonder, elevation]: Appreciating beauty, excellence, and/or skilled performance in various domains of life.
21. Gratitude: Being aware of and thankful of the good things that happen; taking time to express thanks.
22. Hope [optimism, future-mindedness, future orientation]: Expecting the best in the future and working to achieve it.
23. Humor [playfulness]: Liking to laugh and tease; bringing smiles to other people; seeing the light side.
24. Spirituality [religiousness, faith, purpose]: Having coherent beliefs about the higher purpose, the meaning of life, and the meaning of the universe.

From [http://www.meaningandhappiness.com/psychology-research/list-of-personal-strengths.html](http://www.meaningandhappiness.com/psychology-research/list-of-personal-strengths.html)