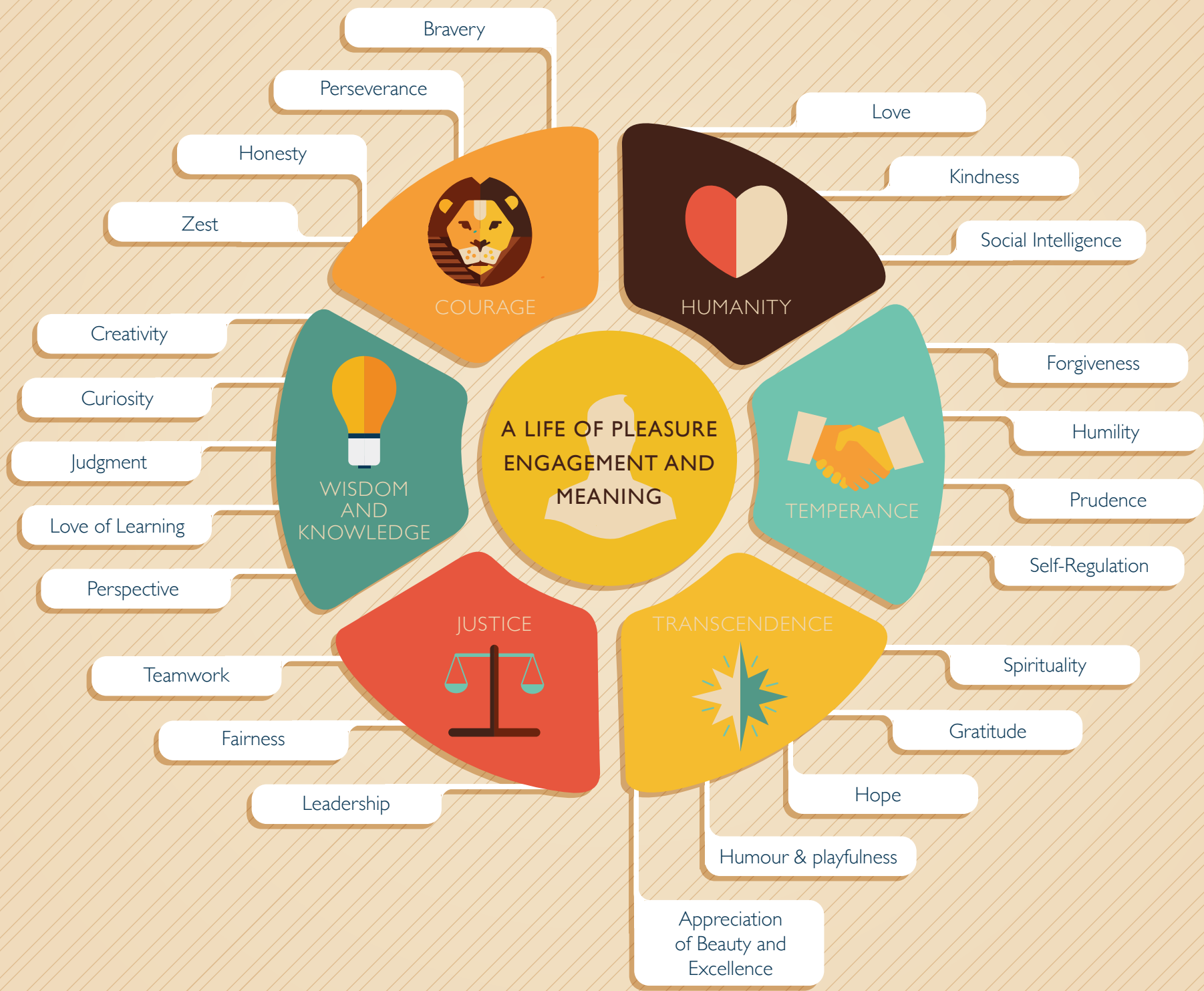


# CHARACTER STRENGTHS & VIRTUES

Peterson and Seligman, 2004



## HUMANITY

**Love:** Valuing close relations with others, in particular those in which sharing and caring are reciprocated; being close to people.

**Kindness:** Doing favors and good deeds for others; helping them; taking care of them.

**Social Intelligence:** Being aware of the motives and feelings of other people and oneself; knowing what to do to fit into different social situations; knowing what makes other people tick.

## TEMPERANCE

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

**Humility:** 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:** Regulating what one feels and does; being disciplined; controlling one's appetites and emotions.

## TRANSCENDENCE

**Appreciation of Beauty and Excellence:** Noticing and appreciating beauty, excellence, and/or skilled performance in various domains of life, from nature to art to mathematics to science to everyday experience.

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

**Hope:** Expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about.

**Humor:** Liking to laugh and tease; bringing smiles to other people; seeing the light side; making (not necessarily telling) jokes.

**Spirituality:** Having coherent beliefs about the higher purpose and meaning of the universe; knowing where one fits within the larger scheme; having beliefs about the meaning of life that shape conduct and provide comfort.

## WISDOM AND KNOWLEDGE

**Creativity:** Thinking of novel and productive ways to conceptualize and do things; includes artistic achievement but is not limited to it.

**Curiosity:** Taking an interest in ongoing experience for its own sake; finding subjects and topics fascinating; exploring and discovering.

**Judgment:** Thinking things through and examining them from all sides; not jumping to conclusions; being able to change one's mind in light of evidence; weighing all evidence fairly.

**Love of Learning:** Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally; obviously related to the strength of curiosity but goes beyond it to describe the tendency to add systematically to what one knows.

**Perspective:** 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:** Not shrinking from threat, challenge, difficulty, or pain; speaking up for what is right even if there is opposition; acting on convictions even if unpopular; includes physical bravery but is not limited to it.

**Perseverance:** Finishing what one starts; persisting in a course of action in spite of obstacles; "getting it out the door"; taking pleasure in completing tasks.

**Honesty:** Speaking the truth but more broadly presenting oneself in a genuine way and acting in a sincere way; being without pretense; taking responsibility for one's feelings and actions.

**Zest:** Approaching life with excitement and energy; not doing things halfway or halfheartedly; living life as an adventure; feeling alive and activated.

## JUSTICE

**Teamwork:** Working well as a member of a group or team; being loyal to the group; doing one's share.

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

**Leadership:** Encouraging a group of which one is a member to get things done, and at the same time maintaining good relations within the group; organizing group activities and seeing that they happen.