

24 Character Strengths

Wisdom and Knowledge	
Cognitive strengths that entail the acquisition and use of knowledge	
Creativity	Thinking of novel and productive ways to do things
Curiosity	Taking an interest in ongoing experience
Open-mindedness	Thinking things through and examining them from all sides
Love of learning	Mastering new skills, topics, and bodies of knowledge
Perspective	Being able to provide wise counsel to others
Courage	
Emotional strengths that involve the exercise of will to accomplish goals in the face of internal or external opposition	
Authenticity	Speaking the truth and presenting oneself in a genuine way
Bravery	Not shrinking from threat, challenge, difficulty or pain
Perseverance	Finishing what one starts.
Zest or vitality	Approaching life with excitement and energy
Humanity	
Interpersonal strengths that involve “tending and befriending” others	
Kindness	Doing favours and good deeds for others.
Love	Valuing close relationships with others
Social intelligence	Being aware of the motives and feelings of self and others
Justice	
Civic strengths that underlie healthy community life	
Fairness	Treating all people the same according to notions of fairness and justice
Leadership	Organizing group activities and seeing that they happen
Citizenship	Working well as a member of a team
Temperance	
Strengths that protect against excess	
Forgiveness	Forgiving those who have done wrong
Modesty	Letting your accomplishments speak for themselves
Prudence	Being careful about one’s choices ; not saying or doing things that might later be regretted
Self-regulation	Regulating what one feels and does
Transcendence	
Strengths that fore connections to the larger universe and provide meaning	
Appreciation of beauty and excellence	Noticing and appreciating beauty, excellence and/or skilled performance in various domains of life.
Gratitude	Being aware of and thankful for the good things that
Hope	Expecting the best and working to achieve it
Humour	Liking to laugh and tease; bringing smiles to other people
Spirituality*	Having coherent beliefs about the higher purpose and meaning of life

*The term “religiousness” is used in the original.