
Classification of Character Strengths and Virtues

1. Wisdom and Knowledge—cognitive strengths that entail the acquisition and use of knowledge

Creativity [*originality, ingenuity*] : thinking of novel and productive ways to conceptualize and do things

Curiosity : exploring and discovering; taking an interest in ongoing experience for its own sake

Open-Mindedness [*judgment, critical thinking*] : weighing all evidence fairly;
exploring the light of evidence from all perspectives; *not* jumping to conclusions

Love of Learning : mastering new skills, topics, and bodies of knowledge

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

2. Courage—emotional strengths engaging the exercise of will to accomplish goals in the face of opposition, external or internal

Bravery : *not* shrinking from threat, difficulty, pain or cost; acting on conviction despite physical opposition or unpopularity

Persistence [*perseverance, industriousness*] : taking pleasure in completing tasks; finishing what one starts;
persisting in a course of action in spite of (often unforeseen) obstacles

Integrity [*authenticity, honesty*] : taking responsibility for one's feelings, statements and actions;
speaking the truth, but also more broadly presenting oneself in a genuine way and acting in a sincere way

Vitality [*zest, enthusiasm, vigor, energy*] : approaching life with excitement and energy; *not* doing things halfway or halfheartedly

3. Humanity—interpersonal strengths that involve tending and befriending others

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

Kindness [*generosity, care, compassion*] : doing favors and good deeds for others; helping them; taking care of them

Social intelligence [*emotional awareness*] : being aware of the motives and feelings of oneself and of others;
knowing what to do to fit into different or novel social situations; knowing what makes other people tick

4. Justice—civic strengths that underlie healthy community life

Citizenship [*social responsibility, teamwork*] : working well as a member of a group or team; loyalty to the group; doing one's share

Fairness : according even-handed treatment to all; *not* allowing decision-making to be influenced by personal or external bias

Leadership : encouraging a group to which one belongs to get things done while maintaining time good relations within the group;
organizing group activities and ensuring they happen and bear fruit

5. Temperance—strengths that protect against excess

Forgiveness : forgiving those who have done wrong; *not* being vengeful;
accepting others' shortcomings; giving people a second chance

Modesty : letting one's accomplishments speak for themselves; *not* seeking the spotlight;
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 be regretted at a later date

Self-control : regulating what one feels and does; being disciplined; controlling one's appetites and emotions

6. Transcendence—strengths that forge connections to the larger universe and provide meaning

Elevation [*appreciation of beauty and excellence, wonder*] : 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 [*optimism, future-mindedness, forward vision*] :

expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about

Playfulness : liking to laugh and tease; bringing smiles to other people; seeing the light side

Purpose [*spirituality, faith*] : having coherent beliefs about the higher purpose and meaning of the universe;

knowing where one fits within a larger scheme; having beliefs about the meaning of life that shape conduct and provide comfort