

Wisdom

Wisdom deals with strengths that involve the way we acquire and use 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; 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/others.

Courage

Courage describes strengths that deal with overcoming fear.

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

Perseverance: Finishing what one starts; persevering 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.

Humanity

Humanity describes strengths that manifest in caring relationships with others.

Love: Valuing close relationships with others, in particular those in which sharing & 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/feelings of others and oneself; knowing what to do to fit into

different social situations; knowing what makes others tick.

Justice

Justice describes strengths that make life fair.

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 the notions of fairness and justice; not letting 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 maintain good relations with the group; organizing group activities and seeing that they happen.

Temperance

Temperance deals with strengths that protect us from excess.

Forgiveness: Forgiving those who have done wrong; accepting others' shortcomings; 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

Transcendence describes strengths that provide a broad sense of connection to something higher in meaning and purpose than ourselves.

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 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.