

## **List of Strengths**

### **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 [valour]*: 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, vigour, 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 favours 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 time maintain 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. *Humour [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.