

Character Strengths and Virtues

From: Peterson, C., & Seligman, M.E.P. (2004). *Character Strengths and Virtues: A Handbook and Classification*. New York: NY. Oxford University Press.

1. *Wisdom and Knowledge*

Creativity (*originality, ingenuity*)

Curiosity (*interest, novelty-seeking, openness to experience*)

Open-mindedness (*judgment, critical thinking*)

Love of learning

Perspective (*wisdom*)

2. *Courage*

Bravery (*valor*)

Persistence (*perseverance, industriousness*)

Integrity (*authenticity, honesty*)

Vitality (*zest, enthusiasm, vigor, energy*)

3. *Humanity*

Love

Kindness (*generosity, nurturance, care, compassion, altruistic love, “niceness”*)

Social intelligence (*emotional intelligence, personal intelligence*)

4. *Justice*

Citizenship (*social responsibility, loyalty, teamwork*)

Fairness

“Success flows from clear intention”

Leadership

5. *Temperance*

Forgiveness and mercy

Humility/Modesty

Prudence

Self-regulation (*self-control*)

6. *Transcendence*

Appreciation of beauty and excellence (*awe, wonder, elevation*)

Gratitude

Hope (*optimism, future-mindedness, future-orientation*)

Humour (*playfulness*)

Spirituality (*religiousness, faith, purpose*)