

*transcendence*

# The 24 Character Strengths

*wisdom*

From *Character Strengths and Virtues: A Handbook and Classification*  
by Prof Chris Peterson and Prof Martin Seligman

## APPRECIATION OF BEAUTY & EXCELLENCE

Appreciating beauty, excellence, and/or skilled performance in various domains of life

*temperance*

## SPIRITUALITY

Having coherent beliefs about the higher purpose, the meaning of life and the meaning of the universe

## FORGIVENESS & MERCY

Forgiving those who have done wrong; accepting the shortcomings of others; giving people a second chance; not being vengeful

## GRATITUDE

Being aware of and thankful of the good things that happen; taking time to express thanks

## HUMILITY & MODESTY

Letting one's accomplishments speak for themselves; not regarding oneself as more special than one is

## HOPE

Expecting the best in the future and working to achieve it

## PRUDENCE

Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted

## HUMOUR

Liking to laugh and tease; bringing smiles to other people; seeing the light side

## SELF-REGULATION

Regulating what one feels and does; being disciplined; controlling one's appetites and emotions

*justice*

## CITIZENSHIP

Working well as a member of a group or team; being loyal to the group

## FAIRNESS

Treating all people the same according to notions of fairness and justice; not letting personal feelings bias decisions about others

## 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

*humanity*

## LOVE

Valuing close relations with others, in particular those in which sharing and caring are reciprocated

## KINDNESS

Doing favours and good deeds for others

## SOCIAL INTELLIGENCE

Being aware of the motives and feelings of other people and oneself

*courage*

## BRAVERY

Not shrinking from threat, challenge, difficulty or pain, acting on convictions even if unpopular

## PERSISTENCE

Finishing what one starts; persisting in a course of action in spite of obstacles

## INTEGRITY

Presenting oneself in a genuine way; taking responsibility for one's feeling and actions

## VITALITY

Approaching life with excitement and energy; feeling alive and activated

**These are strengths we all possess. Which of them are strongest in you?**

## CREATIVITY

Thinking of novel and productive ways to conceptualize and to do things

## CURIOSITY

Taking an interest in ongoing experiences for its own sake; exploring and discovering

## OPEN-MINDEDNESS

Thinking things through and examining them from all sides; weighing all evidence fairly

## LOVE OF LEARNING

Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally

## PERSPECTIVE

Being able to provide wise counsel to others; having ways of looking at the world that makes sense to oneself and to others