

Character Strengths

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

Curiosity/openness to experience: Taking an interest in ongoing experiences for their own sake; exploring and discovering

Love of learning: Mastering new skills, topics and ideas

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/honesty: Being genuine; taking responsibility for one's feelings and actions

Vitality/enthusiasm: Approaching life with excitement and energy

Love: Valuing close relations with others

Kindness/generosity/compassion: Doing favors and good deeds for others

Citizenship/teamwork: Being loyal and working well as a member of a group or team

Fairness: Treating all people the same according to notions of fairness and justice

Forgiveness and mercy: Forgiving those who have done wrong; accepting the shortcomings of others; giving people a second chance

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

Humor/playfulness: Liking to laugh and tease; bringing smiles to other people

Spirituality/sense of purpose: Having coherent beliefs about a higher purpose, the meaning of life, and the meaning of the universe

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