

Virtues and Character Strengths

Virtue 1: Wisdom and Knowledge

1. Creativity (Originality, Ingenuity)
2. Curiosity (Interest, Novelty-seeking, Openness to Experience)
3. Judgment (Critical Thinking, Open-mindedness)
4. Love of Learning
5. Perspective (Wisdom)

Virtue 2: Courage

1. Bravery
2. Perseverance (Persistence, Industry, Diligence)
3. Honesty (Authenticity, Integrity)
4. Zest (Vitality, Enthusiasm, Vigor, Energy)

Virtue 3: Humanity

1. Love
2. Kindness (Generosity, Nurturance, Care, Compassion, Altruistic Love, Niceness)
3. Social Intelligence (Emotional and Personal)

Virtue 4: Justice

1. Teamwork (Citizenship, Social Responsibility, Loyalty)
2. Fairness
3. Leadership

Virtue 5: Temperance

1. Forgiveness (Mercy)
2. Humility (Modesty)
3. Prudence
4. Self-regulation (Self-control)

Virtue 6: Transcendence

1. Appreciation of Beauty and Excellence (Awe, Wonder, Elevation)
2. Gratitude
3. Hope (Optimism, Future-mindedness, Future Orientation)
4. Humor (Playfulness)
5. Spirituality (Religiousness, Faith, Purpose)