

SIX VIRTUES AND TWENTY FOUR CHARACTER STRENGTHS

Peterson & Seligman, 2004

1. Wisdom and knowledge Cognitive strengths that entail the acquisition and use of knowledge.

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| Creativity | Thinking of novel and productive ways to do things. |
| Curiosity | Taking an interest in all of ongoing experience. |
| Open-mindedness | Thinking things through and examining them from all sides. |
| Love of learning | Mastering new skills, topics, and bodies of knowledge. |
| Perspective | Being able to provide wise counsel to others. |

2. Courage Emotional strengths that involve the exercise of will to accomplish goals in the face of opposition, external or internal.

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| Authenticity | Speaking the truth and presenting oneself in a genuine way. |
| Bravery | Not shrinking from threat, challenge, difficulty, or pain. |
| Persistence | Finishing what ones starts. |
| Zest | Approaching life with excitement and energy. |

3. Humanity Interpersonal strengths that involve “tending and befriending” others.

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| Kindness | Doing favors and good deeds for others. |
| Love | Valuing close relations with others. |
| Social intelligence | Being aware of the motives and feelings of self and others. |

4. Justice Civic strengths that underlie healthy community life.

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| Fairness | Treating all people the same according to notions of fairness and justice. |
| Leadership | Organizing group activities and seeing that they happen. |
| Teamwork | Working well as member of a group or team. |

5. Temperance Strengths that protect against excess.

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| Forgiveness | Forgiving those who have done wrong. |
| Modesty | Letting one’s accomplishments speak for themselves. |
| Prudence | Being careful about one’s choices; not saying or doing things that might later be regretted. |
| Self-regulation | Regulating what one feels and does. |

6. Transcendence Strengths that forge connections to the larger universe and provide meaning.

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| Appreciation of beauty and excellence | Noticing and appreciating beauty, excellence, and/or skilled performance in all domains of life. |
| Gratitude | Being aware of the thankful for the good things that happen. |
| Hope | Expecting the best and working to achieve it. |
| Humor | Like to laugh and tease; bringing smiles to other people. |
| Religiousness | Having coherent beliefs about the higher purpose and meaning of life. |