

Universal Virtues and Strengths

<i>Virtue</i>	<i>Strength</i>
<u>Wisdom and Knowledge</u>	<ol style="list-style-type: none">1. Creativity [Originality, Ingenuity]2. Curiosity [Interest, Novelty-seeking, Openness to experience]3. Open-Mindedness [Judgment, Critical Thinking]4. Love of Learning5. Perspective [Wisdom]
<u>Courage</u>	<ol style="list-style-type: none">6. Bravery [Valor]7. Persistence [Perseverance / Industriousness]8. Integrity [Authenticity, Honesty]9. Vitality [Zest, Enthusiasm, Vigor, Energy]
<u>Humanity</u>	<ol style="list-style-type: none">10. Love [Loving and allowing Oneself to Be Loved]11. Kindness [Generosity, Nurturance, Care, Compassion]12. Social Intelligence [Emotional Intelligence, Personal Intelligence]
<u>Justice</u>	<ol style="list-style-type: none">13. Citizenship [Social Responsibility, Loyalty, Teamwork]14. Fairness15. Leadership
<u>Temperance</u>	<ol style="list-style-type: none">16. Forgiveness and Mercy17. Humility and Modesty18. Prudence19. Self-Regulation [Self-Control]
<u>Transcendence</u>	<ol style="list-style-type: none">20. Appreciation of Beauty and Excellence21. Gratitude22. Hope [Optimism / Future-Mindedness / Orientation]23. Humor [Playfulness]24. Spirituality [Religiousness, Faith, Purpose]

From "Character Strengths and Virtues," C. Peterson, M. Seligman, Oxford Press 2004
