

## SIX VIRTUES AND TWENTY FOUR CHARACTER STRENGTHS

Peterson & Seligman, 2004

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

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.*

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.*

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.*

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.*

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.*

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.