

24 Character Strengths

<p>Creativity (originality, ingenuity): Thinking of novel and productive ways to conceptualise and do things</p>	<p>Curiosity : (interest, novelty-seeking, openness to experience): finding subjects and topics fascinating; explore and discover</p>	<p>Judgment and Open-mindedness (critical thinking): Examining things from all sides; Able to change one's mind in light of evidence;</p>	<p>Love of learning: Mastering new skills, topics, and bodies of knowledge, tendency to add systematically to what one knows</p>
<p>Perspective (wisdom): Being able to provide wise counsel to others; having ways of looking at the world that make sense</p>	<p>Bravery (valor): Not shrinking from threat or challenge; speaking up for what is right even if there is opposition; acting on convictions:</p>	<p>Perseverance (persistence, industriousness): Finishing what one starts; persist in a course of action in spite of obstacles;</p>	<p>Honesty (authenticity, integrity): Presenting oneself in a genuine way and acting in a sincere way; takes responsibility for one's feelings and actions</p>
<p>Zest (vitality, enthusiasm, vigor, energy): Approaching life with excitement and energy; living life as an adventure; feeling alive</p>	<p>Capacity to Love and Be Loved: Valuing close relations with family and friends; being close to people</p>	<p>Kindness (generosity, nurturance, care, compassion): Doing favors and good deeds for others; helping them; taking care of them</p>	<p>Social intelligence (emotional intel' personal intel'): Being aware of motives and feelings; knowing how to fit into social situations</p>
<p>Teamwork (citizenship, social responsibility, loyalty): Working well as a member of team; being loyal, doing one's share</p>	<p>Fairness: Treating all people the same, no bias, giving everyone a fair chance</p>	<p>Leadership: Encouraging others to get things done while maintaining good relationships; organizing group activities and seeing that they happen</p>	<p>Forgiveness and Mercy: Forgiving those who have done wrong; accept shortcomings of others; giving people a second chance;</p>
<p>Modesty and Humility: Letting one's accomplishments speak for themselves; not regarding oneself as more special than one is</p>	<p>Prudence (caution): Be careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted</p>	<p>Self-regulation (self-control): Regulating emotions and actions at the service of one's purpose and goals. Self-discipline</p>	<p>Appreciation of beauty and excellence (awe, wonder): Notice and appreciate beauty or excellence, in nature and in humans.</p>
<p>Gratitude: Being aware of and thankful for the good things that happen; taking time to express thanks</p>	<p>Hope (optimism, future-mindedness, future orientation): Expect the best and work to achieve it; believe a good future can be brought about</p>	<p>Humor (playfulness): Liking to laugh and tease; bringing smiles to other people; seeing the light side;</p>	<p>Spirituality (faith, purpose): Coherent beliefs about higher purpose and meaning; having beliefs about the meaning of life that shape conduct</p>

Why Positive Psychology research selected these 24 strengths:
 Widely recognized and cultivated across cultures / Contribute to life satisfaction
 Morally valued / Elevate others who witness / Have no "negative" / Trait like / Measurable
 For self assessment go to authentichappiness.org and take VIA questionnaire of 240 items