

List of personal strengths

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The List

Strengths of Wisdom and Knowledge: Cognitive strengths that entail the acquisition and use of knowledge

1. ***Creativity [originality, ingenuity]:*** Thinking of novel and productive ways to conceptualize and do things.
2. ***Curiosity [interest, novelty-seeking, openness to experience]:*** Taking an interest in ongoing experience for its own sake; exploring and discovering.
3. ***Open-mindedness [judgment, critical thinking]:*** Thinking things through and examining them from all sides; weighing all evidence fairly.
4. ***Love of learning:*** Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally.
5. ***Perspective [wisdom]:*** Being able to provide wise counsel to others; having ways of looking at the world that make sense to oneself and to other people.

Strengths of Courage: Emotional strengths that involve the exercise of will to accomplish goals in the face of opposition, external and internal

6. ***Bravery [valor]:*** Not shrinking from threat, challenge, difficulty, or pain; acting on convictions even if unpopular.
7. ***Persistence [perseverance, industriousness]:*** Finishing what one starts; persisting in a course of action in spite of obstacles.
8. ***Integrity [authenticity, honesty]:*** Presenting oneself in a genuine way; taking responsibility for one's feeling and actions.
9. ***Vitality [zest, enthusiasm, vigor, energy]:*** Approaching life with excitement and energy; feeling alive and activated.

Strengths of Humanity: interpersonal strengths that involve tending and befriending others

10. ***Love:*** Valuing close relations with others, in particular those in which sharing and caring are reciprocated.

11. ***Kindness [generosity, nurturance, care, compassion, altruistic love, "niceness"]:*** Doing favors and good deeds for others.

12. ***Social intelligence [emotional intelligence, personal intelligence]:*** Being aware of the motives and feelings of other people and oneself.

Strengths of Justice: civic strengths that underlie healthy community life

13. ***Citizenship [social responsibility, loyalty, teamwork]:*** Working well as a member of a group or team; being loyal to the group.

14. ***Fairness:*** Treating all people the same according to notions of fairness and justice; not letting personal feelings bias decisions about others.

15. ***Leadership:*** Encouraging a group of which one is a member to get things done and at the same maintain time good relations within the group.

Strengths of Temperance: strengths that protect against excess

16. ***Forgiveness and mercy:*** Forgiving those who have done wrong; accepting the shortcomings of others; giving people a second chance; not being vengeful.

17. ***Humility / Modesty:*** Letting one's accomplishments speak for themselves; not regarding oneself as more special than one is.

18. ***Prudence:*** Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted.

19. ***Self-regulation [self-control]:*** Regulating what one feels and does; being disciplined; controlling one's appetites and emotions.

Strengths of Transcendence: strengths that forge connections to the larger universe and provide meaning

20. ***Appreciation of beauty and excellence [awe, wonder, elevation]:*** Appreciating beauty, excellence, and/or skilled performance in various domains of life.

21. ***Gratitude:*** Being aware of and thankful of the good things that happen; taking time to express thanks.

22. *Hope [optimism, future-mindedness, future orientation]:* Expecting the best in the future and working to achieve it.

23. *Humor [playfulness]:* Liking to laugh and tease; bringing smiles to other people; seeing the light side.

24. *Spirituality [religiousness, faith, purpose]:* Having coherent beliefs about the higher purpose, the meaning of life, and the meaning of the universe.