

CLASSIFICATION OF CHARACTER STRENGTHS

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

- Creativity
- Curiosity
- Judgment
- Love of learning
- Perspective

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

- Bravery
- Perseverance
- Honesty
- Zest

3. Humanity - Interpersonal strengths that involve tending and befriending others

- Love
- Kindness
- Social Intelligence

4. Justice - Civic strengths that underlie healthy community life

- Teamwork
- Fairness
- Leadership

5. Temperance - strengths that protect against excess

- Forgiveness
- Humility
- Prudence
- Self regulation

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

- Appreciation of beauty and excellence
- Gratitude
- Hope
- Humour
- Spirituality