

24 Character Strengths *A Roadmap for Human Life & Evolution*

ACTION STRENGTHS

Zest [vitality, enthusiasm, vigor] Approaching life with excitement and energy; living life as an adventure; feeling alive and activated

Bravery [courage, valor] Proceeding despite threat, challenge, pain or fear; acting on convictions no matter the consequence; putting aside comfort and safety for a greater cause

Perseverance [persistence, industriousness] Continuing in a course of action despite all obstacles; working steadily toward a goal; finishing what one starts

Self-Regulation [self-control, self-discipline] The ability to notice and moderate one's impulses, appetites and emotions; abstaining from something on purpose for a greater good

Prudence Proceeding in a wise and measured way; thinking and planning ahead; refraining from saying or doing things that might later be regretted

MENTAL STRENGTHS

Curiosity [interest, openness] Being drawn to new experiences; fascination with new subjects and topics; exploring, discovering, needing to know

Love of Learning Mastering skills, topics, and bodies of knowledge, whether on one's own or formally; the urge to add systematically to what one knows

Open-minded Reasoning [critical thinking, judgment] Thinking things through and examining them from all sides; weighing the facts while remaining open to new evidence

Creativity [originality, ingenuity] Thinking of novel and productive ways to conceptualize and do things, including in the arts and sciences, inventions, media; having and using new ideas in any area of life

RELATIONAL STRENGTHS

Love Valuing close relations with others, in particular those in which sharing and caring are reciprocated; cultivating emotional intimacy; giving and receiving the gifts of an open heart

Honesty [integrity, authenticity] Speaking the truth; presenting oneself in a genuine way without pretense or duplicity; meaning what one says and keeping promises

Kindness and Generosity [compassion, nurturance, altruistic love] The impulse to help and take care of others; treating others as one would like to be treated through offering one's time, energies, understanding and/or possessions

Fairness Acting according to ideals of justice and equality; not letting personal feelings bias decisions about others; giving everyone an equal chance and equal rights

Social Intelligence [emotional intelligence] Being aware of the motives and feelings of others and oneself; feeling comfortable in social situations; knowing what makes people tick

Teamwork [social responsibility, citizenship, cooperation] Working well as a member of a group; being loyal to the group and its goals; doing one's share

Leadership Providing vision and encouragement to one's group; organizing activities and seeing that they happen; stepping to the front in a spirit of service to the group and its goals

ATTITUDINAL STRENGTHS

Forgiveness Absolving those who have done wrong; accepting others' shortcomings and giving them a second chance; not holding grudges

Gratitude Becoming aware of and thankful for the good things; counting one's blessings and cultivating feelings of gratefulness; taking time to give thanks as an individual and in groups

Humility [modesty] Realizing one's limited importance in the scheme of things; accepting one's weaknesses; letting one's accomplishments speak for themselves while lacking pride, arrogance or inflated ego

Humor [playfulness] Liking to laugh and tease; bringing smiles to others; seeing the lighter side and making or telling jokes

Hope [optimism] Expecting the best in the future and working to achieve it; being motivated by the belief that a great future is possible

EXPANSIVE STRENGTHS

Perspective [wisdom] Having ways of looking at the world based on wide and thoughtful experience; seeing the big picture and understanding relationships between different areas of life

Appreciation of Beauty and Excellence [awe, wonder, elevation] Noticing, enjoying and contributing to an awareness of beauty, excellence, and/or skilled performance in any area of life: nature, the arts, mathematics and science, athletics, everyday experience

Spirituality and Sense of Meaning [faith] Having coherent ideas and beliefs about the universe; knowing where one fits within the larger scheme; experiencing an inner truth that shapes conduct and enhances purpose

Quick hints:

Zest Be energetic

Bravery Push through fears

Perseverance Don't give up

Self-regulation Manage your impulses

Prudence Proceed thoughtfully

Curiosity Ask questions

Love of Learning Expand your knowledge

Reasoning Think things through

Creativity Find new solutions

Love Listen deeply

Honesty Tell the truth

Kindness Feel others' needs

Fairness Treat people well

Social Intelligence Be friendly

Teamwork Join with others

Leadership Organize activities

Forgiveness Let it go

Gratitude Deepen your thanks

Humility Soften your ego

Humor Cultivate laughter

Hope Accent the positive

Perspective Widen your outlook

Appreciation of Beauty/Excellence Invite wonder

Spirituality Remember the sacred