

24^{The} Character Strengths

From *Character Strengths and Virtues: A Handbook and Classification*
by Prof Chris Peterson and Prof Martin Seligman

transcendence

APPRECIATION OF BEAUTY & EXCELLENCE
Appreciating beauty, excellence, and/or skilled performance in various domains of life

SPIRITUALITY
Having coherent beliefs about the higher purpose, the meaning of life and the meaning of the universe

GRATITUDE
Being aware of and thankful of the good things that happen; taking time to express thanks

HOPE
Expecting the best in the future and working to achieve it

HUMOUR
Liking to laugh and tease; bringing smiles to other people; seeing the light side

temperance

FORGIVENESS & MERCY
Forgiving those who have done wrong; accepting the shortcomings of others; giving people a second chance; not being vengeful

HUMILITY & MODESTY
Letting one's accomplishments speak for themselves; not regarding oneself as more special than one is

PRUDENCE
Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted

SELF-REGULATION
Regulating what one feels and does; being disciplined; controlling one's appetites and emotions

justice

CITIZENSHIP
Working well as a member of a group or team; being loyal to the group

FAIRNESS
Treating all people the same according to notions of fairness and justice; not letting personal feelings bias decisions about others

LEADERSHIP
Encouraging a group of which one is a member to get things done and at the same time maintain good relations within the group

humanity

LOVE
Valuing close relations with others, in particular those in which sharing and caring are reciprocated

KINDNESS
Doing favours and good deeds for others

SOCIAL INTELLIGENCE
Being aware of the motives and feelings of other people and oneself

courage

BRAVERY
Not shrinking from threat, challenge, difficulty or pain, acting on convictions even if unpopular

PERSISTENCE
Finishing what one starts; persisting in a course of action in spite of obstacles

INTEGRITY
Presenting oneself in a genuine way; taking responsibility for one's feeling and actions

VITALITY
Approaching life with excitement and energy; feeling alive and activated

wisdom

CREATIVITY
Thinking of novel and productive ways to conceptualize and to do things

CURIOSITY
Taking an interest in ongoing experiences for its own sake; exploring and discovering

OPEN-MINDEDNESS
Thinking things through and examining them from all sides; weighing all evidence fairly

LOVE OF LEARNING
Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally

PERSPECTIVE
Being able to provide wise counsel to others; having ways of looking at the world that makes sense to oneself and to others

Which ones are your signature strengths?

How are you using them in your work with others?

How could you use them to solve some of the difficult situations you encounter?