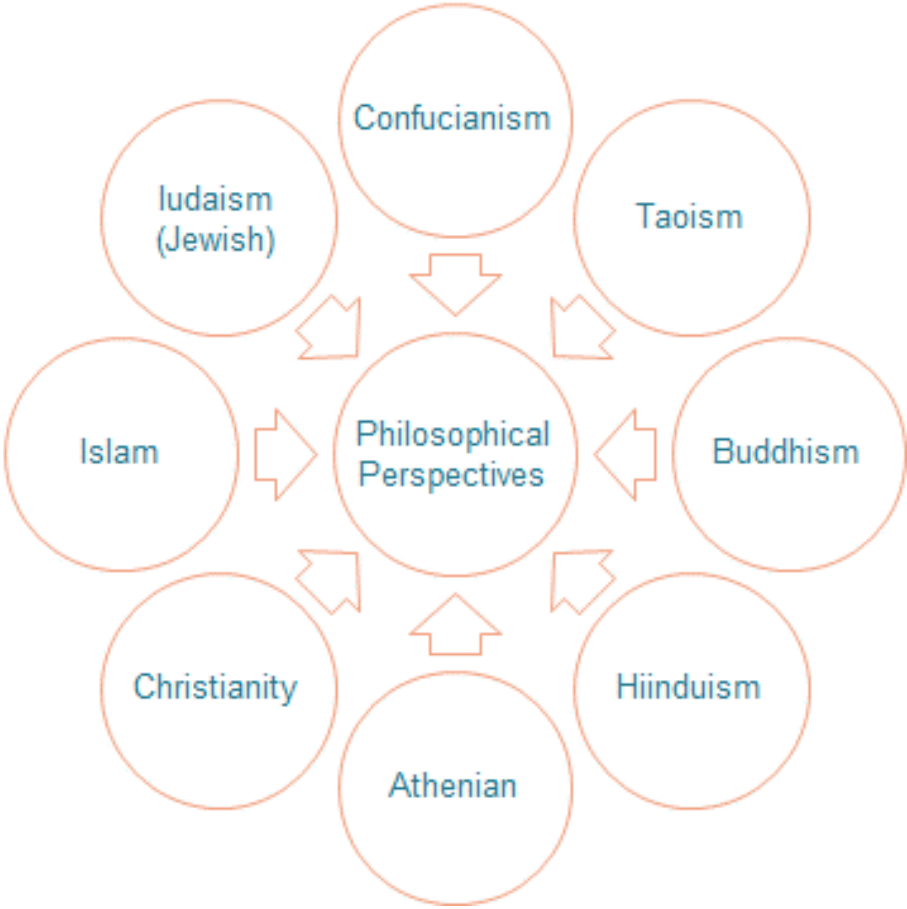


Virtues & Qualities

They say that these make you a better person...

Virtues

Philosophical perspectives



Virtues

Convergence of Virtues – Core Virtues

Core Virtues

Virtue	Description
Courage	Emotional strengths that involve the exercise of will to accomplish goals in the face of opposition, external or internal; examples include bravery, perseverance, and authenticity (honesty)
Justice	Civic strengths that underlie healthy community life; examples include fairness, leadership, and citizenship or teamwork
Humanity	Interpersonal strengths that involve “tending and befriending” others (Taylor et al., 2000); examples include love and kindness
Temperance	Strengths that protect against excess; examples include forgiveness, humility, prudence, and self-control
Wisdom	Cognitive strengths that entail the acquisition and use of knowledge; examples include creativity, curiosity, judgment, and perspective (providing counsel to others)
Transcendence	Strengths that forge connections to the larger universe and thereby provide meaning; examples include gratitude, hope, and spirituality

Virtues

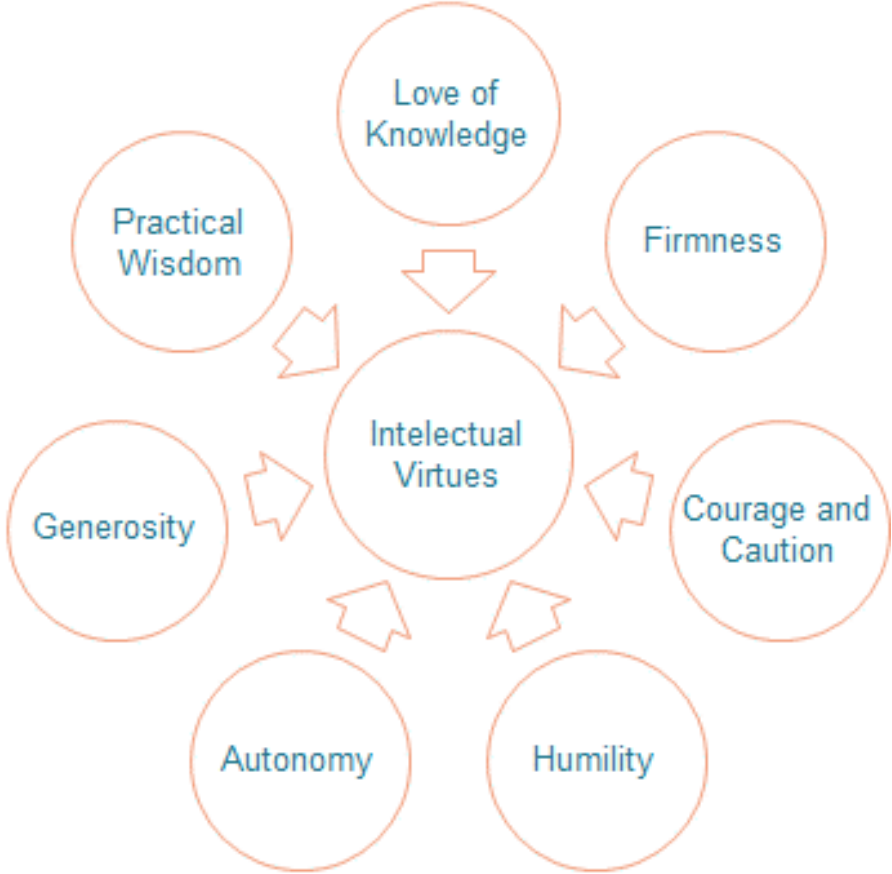
Convergence of Virtues – Commonalities

Tradition	Courage	Justice	Humanity	Temperance	Wisdom	Transcendence
Confucianism		E	E	T	E	T
Taoism		E	E	E	E	T
Buddhism		E	E	E	T	E
Hinduism	E	E	E	E	E	E
Athenian philosophy	E	E	E	E	E	T
Christianity	E	E	E	E	E	E
Judaism	E	E	E	E	E	E
Islam	E	E	E	E	E	E

Note. E = explicitly named; T = thematically implied.

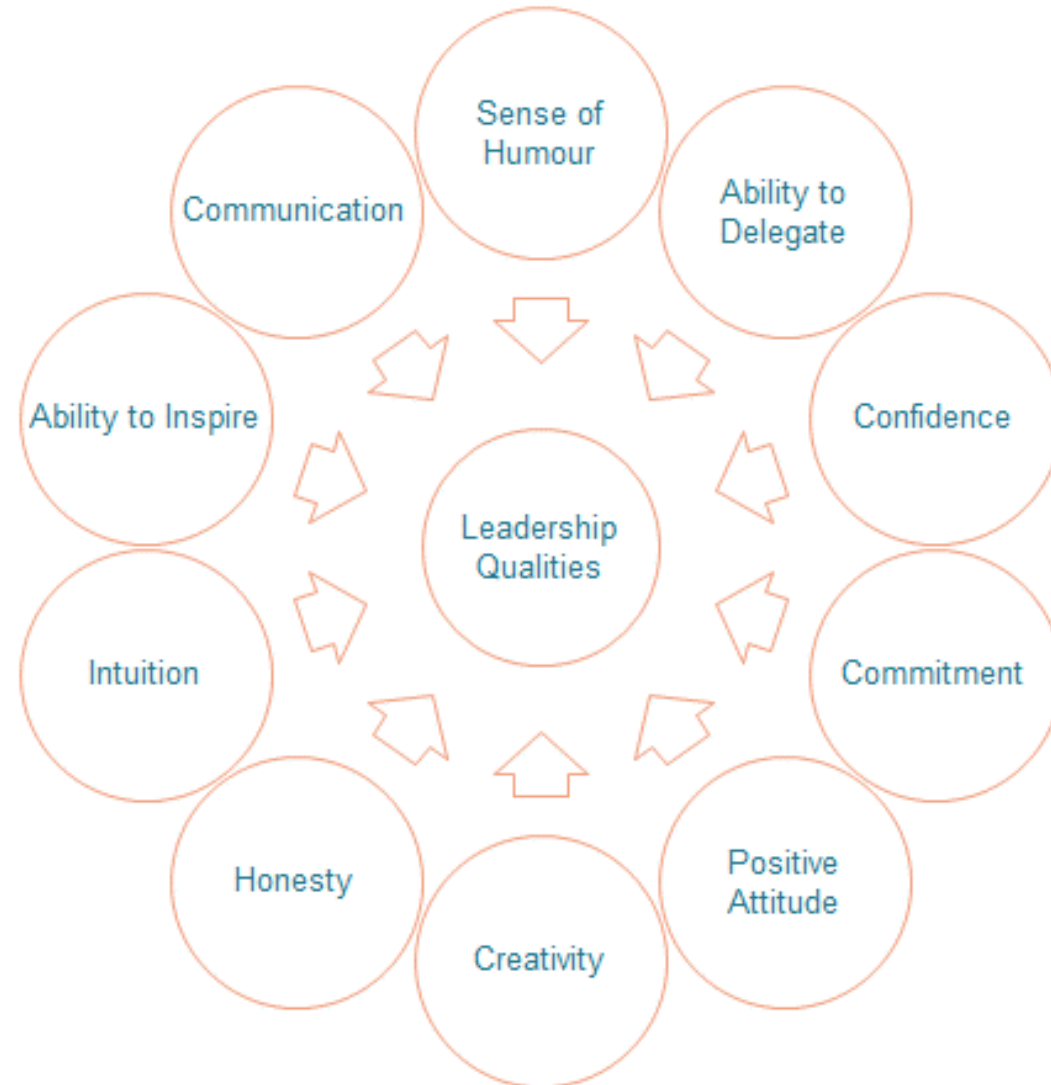
Virtues

Intellectual Virtues



Virtues

Leadership Qualities



Virtues

Personal Qualities

In 1968 Norman Anderson came up with the 555 personal characteristics (listed below) and had hundreds of students rank order the 555 words

from **most desirable** (Note the top 4 are Sincere, Honest, Understanding, and Loyal)

to **most distasteful** (the last 4 are cruel, mean, phony, and liar).

The order of the list below represents the average of the students' rating.

Here is the reference if you would like to read Anderson's original article:

Anderson, N. H. (1968). Likableness ratings of 555 personality-trait words. *Journal of Social Psychology*, 9, 272-279.

Virtues

Personal Qualities

- | | | |
|------------------|------------------|------------------|
| 1. Sincere | 11. Wise | 21. Happy |
| 2. Honest | 12. Considerate | 22. Clean |
| 3. Understanding | 13. Good-Natured | 23. Interesting |
| 4. Loyal | 14. Reliable | 24. Unselfish |
| 5. Truthful | 15. Mature | 25. Good-Humored |
| 6. Trustworthy | 16. Warm | 26. Honorable |
| 7. Intelligent | 17. Earnest | 27. Humorous |
| 8. Dependable | 18. Kind | 28. Responsible |
| 9. Open-Minded | 19. Friendly | 29. Cheerful |
| 10. Thoughtful | 20. Kind-Hearted | 30. Trustful |

Here is the reference if you would like to read Anderson's original article:

Anderson, N. H. (1968). Likableness ratings of 555 personality-trait words. *Journal of Social Psychology*, 9, 272-279.