

Character Strengths

Seligman and Peterson's List

Which of these characters are your strengths and which characters you have work on to make it better?

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 stake; 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 to looking at the world that make sense to oneself and to other people.
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 of one's feelings and actions.
9. **Vitality** [zest, enthusiasm, vigor, energy]: Approaching life with excitement and energy; feeling alive and activated.
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.
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 feeling 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.
16. **Forgiveness & Mercy**: Forgiving those who have done wrong; accepting the shortcoming of others; giving people a second chance; not being vengeful.
17. **Humility & Modesty**: Lettings 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.
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.
25. **Confidence**: Belief in oneself, that one has the ability to meet life's challenges and to succeed—and acting in a way that conveys that belief.