

Strengths of Wisdom and Knowledge: Cognitive strengths that entail the acquisition and use of knowledge

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 sake; exploring and discovering.
3. **Love of learning**: Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally.
4. **Perspective** [*wisdom*]: Being able to provide wise counsel to others; having ways of looking at the world that make sense to oneself and to other people.
5. **Open-mindedness** [*judgment, critical thinking*]: Thinking things through and examining them from all sides; weighing all evidence fairly.

Strengths of Courage: Emotional strengths that involve the exercise of will to accomplish goals in the face of opposition, external and internal

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 for one's feeling and actions.
9. **Vitality** [*zest, enthusiasm, vigor, energy*]: Approaching life with excitement and energy; feeling alive and activated.

Strengths of Humanity: interpersonal strengths that involve tending and befriending others

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.

Strengths of Justice: civic strengths that underlie healthy community life

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 feelings 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.

Strengths of Temperance: strengths that protect against excess

16. **Forgiveness and mercy**: Forgiving those who have done wrong; accepting the shortcomings of others; giving people a second chance; not being vengeful.
17. **Humility/ Modesty**: Letting 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.

Strengths of Transcendence: strengths that forge connections to the larger universe and provide meaning

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.

What are your signature strengths?

Go to www.authentic happiness.sas.upenn.edu to take the **VIA Survey of Character Strengths**
OR

go to <http://www.viacharacter.org/Survey/Account/Register> and take the **Adult VIA Survey of Character Strengths**.