

**TABLE 3.1** Definitions of the 24 strengths measured by the Values in Action Inventory of Character Strengths.

**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; includes artistic achievement but is not limited to it
2. **Curiosity (interest, novelty-seeking, openness to experience):** Taking an interest in ongoing experience for its own sake; finding subjects and topics fascinating; exploring and discovering
3. **Judgement and Open-mindedness (critical thinking):** Thinking things through and examining them from all sides; not jumping to conclusions; being able to change one's mind in light of evidence; weighing all evidence fairly
4. **Love of learning:** Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally; obviously related to the strength of curiosity but goes beyond it to describe the tendency to add systematically to what one knows
5. **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

**Strengths of courage:** emotional strengths that involve the exercise of will to accomplish goals in the face of opposition, external or internal

6. **Bravery (valor):** Not shrinking from threat, challenge, difficulty, or pain; speaking up for what is right even if there is opposition; acting on convictions even if unpopular; includes physical bravery but is not limited to it
7. **Perseverance (persistence, industriousness):** Finishing what one starts; persisting in a course of action in spite of obstacles; "getting it out the door"; taking pleasure in completing tasks
8. **Honesty (authenticity, integrity):** Speaking the truth but more broadly presenting oneself in a genuine way and acting in a sincere way; being without pretense; taking responsibility for one's feelings and actions
9. **Zest (vitality, enthusiasm, vigor, energy):** Approaching life with excitement and energy; not doing things halfway or halfheartedly; living life as an adventure; feeling alive and activated

**TABLE 3.1 (Continued)**

**Strengths of humanity:** interpersonal strengths that involve “tending and befriending” others

10. **Capacity to Love and Be Loved:** Valuing close relations with others, in particular those in which sharing and caring are reciprocated; being close to people
11. **Kindness (generosity, nurturance, care, compassion, altruistic love, “niceness”):** Doing favors and good deeds for others; helping them; taking care of them
12. **Social intelligence (emotional intelligence, personal intelligence):** Being aware of the motives and feelings of other people and oneself; knowing what to do to fit into different social situations; knowing what makes other people tick

**Justice:** civic strengths that underlie healthy community life

13. **Teamwork (citizenship, social responsibility, loyalty):** Working well as a member of a group or team; being loyal to the group; doing one’s share
14. **Fairness:** Treating all people the same according to notions of fairness and justice; not letting personal feelings bias decisions about others; giving everyone a fair chance
15. **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; organizing group activities and seeing that they happen

**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. **Modesty and Humility:** 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

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

20. **Appreciation of beauty and excellence (awe, wonder, elevation):** Noticing and appreciating beauty, excellence, and/or skilled performance in various domains of life, from nature to art to mathematics to science to everyday experience
21. **Gratitude:** Being aware of and thankful for 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; believing that a good future is something that can be brought about
23. **Humor (playfulness):** Liking to laugh and tease; bringing smiles to other people; seeing the light side; making (not necessarily telling) jokes
24. **Religiousness and Spirituality (faith, purpose):** Having coherent beliefs about the higher purpose and meaning of the universe; knowing where one fits within the larger scheme; having beliefs about the meaning of life that shape conduct and provide comfort