

CHARACTER STRENGTHS LIST

Wisdom and Knowledge

Strength	Description	✓ My strengths
Curiosity, Interest in the world	You're interested in exploring and discovering new experiences and have a flexible approach to most things. You don't just tolerate ambiguity or uncertainty; you're intrigued by it. Your natural curiosity means you approach the world with interest and a desire to actively engage in novelty.	
Love of Learning	You love learning and mastering new skills, topics, and acquiring knowledge either on your own or formally. You enjoy being an expert and having these qualities valued by others.	
Judgement, Critical Thinking, Open Mindedness	It's important to you to think things through carefully, exploring issues from all angles before making a decision. You don't generally jump to conclusions but instead, weigh up evidence fairly before making decisions. You are able to identify and accept information that suggests you may have been wrong in the past and change your mind.	
Ingenuity, Originality, Practical Intelligence	You are practical and rarely settle for doing things the conventional way. You often look for better and more effective approaches, finding or developing novel ways to approach problems and/or to achieve your goals.	
Social and Emotional Intelligence	You have a good understanding of others and yourself. You are aware of your moods and are able to manage them. You are also good at identifying the moods and needs of others and responding appropriately to them.	
Perspective	Others seek your opinion to gain perspective and draw on your ability to effectively solve problems. You have a way of looking at the world that makes sense and is helpful to others and yourself.	

Courage

Strength	Description	✓ My strengths
Valour, Bravery	You rise to challenges and deal with difficult situations even if unpopular or dangerous. Even under stressful circumstances you have the courage to overcome fear as well as the ability to take a moral stance.	
Perseverance, Diligence, Industry	You finish what you start often despite obstacles. You are persistent and industrious doing what you say and sometimes more.	
Integrity, Honesty	You're honest and live your life in a genuine and authentic way. You're down to earth and without pretense take responsibility for your feelings and actions.	

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Humanity and Love

Strength	Description	✓ My strengths
Kindness, Generosity	You're kind and generous, and gain pleasure from doing good deeds and favours for others. You are caring and compassionate and your actions are often guided by other people's best interests. The core of this strength is that you acknowledgment the worth of others.	
Loving, Being Loved	You value close and intimate relationships which are mutually caring and sharing. Rather than just loving and caring for others, they feel the same way about you and you allow yourself to be loved and cared for.	

Justice

Strength	Description	✓ My strengths
Citizenship, Loyalty, Teamwork	You're a great team player and socially responsible. You excel as a group member and are loyal and dedicated to other team members. You contribute your share and work hard for the good and success of the group.	
Fairness, Equity	You treat others fairly, not allowing your own personal feelings to bias your decisions and treatment of others. You are guided by your larger principles of morality.	
Leadership	You're a good organiser and encourage others to get things done too. You also maintain good relationships among group members in the process.	

Temperance

Strength	Description	✓ My strengths
Self Regulation, Self Control	You are self-disciplined and can control your impulses, desires and needs when necessary or appropriate. You know what is correct and are able to put this knowledge in to action.	
Discretion, Caution, Prudence	You're a careful person and do not take undue risks. Rarely do you say or do things you later regret. You generally consider all options before you act, preferring long-term success over shorter-term goals.	
Modesty, Humility	You are humble and happy for your accomplishments to speak for themselves. You don't seek to be draw attention to yourself and don't see yourself as being particularly special. Others often comment on, and respect your modesty.	

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Transcendence

Strength	Description	✓ My strengths
Appreciation of beauty and excellence	You appreciate beauty, excellence and skill in many areas of life. You like to smell the roses.	
Gratitude	You notice and value the good things that happen and you don't take them for granted. In addition, you take time to express your thanks and appreciate the goodness in others.	
Hope, Optimism	You expect the best for the future and plan and work towards achieving it. You focus on a positive future and know that if you set goals and work hard good things will happen.	
Spirituality, Faith, Sense of purpose	You have coherent beliefs about the higher purpose and meaning life. You have a strong sense of purpose, which guides your daily actions, and provides comfort to you.	
Forgiveness, Mercy	You are able to forgive others who have done wrong. You accept other peoples shortcomings and allow them a second chance. You do not seek revenge but rather are guided by mercy.	
Playfulness, Humour	You like to laugh easily see the light side of life. You are good at play and enjoy making others laugh and smile.	
Passion, Enthusiasm	You have a zest for life. You're energetic and passionate and approach life with enthusiasm.	

Adapted from Professor Martin Seligman

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