

24 Character Strengths & Virtues

Appreciation  When I realize the beauty around me, I feel happy.	Bravery  I have the courage to overcome my fears and choose to do the right thing.	Creativity  I have many ideas and I like to use my imagination.	Curiosity  I love to ask questions and discover about the world around me.	Fairness  I treat everyone fairly without discrimination.	Forgiveness  I can let it go when a friend makes mistake or hurt my feelings.
Gratitude  I say thank you, I appreciate the good things I have.	Honesty  I tell the truth, keep my promises, and act with integrity.	Hope  I have faith that good things will come.	Humility  I know how to be humble and let other people shine.	Humor  I enjoy bringing smiles and laughter to others.	Judgment  I am open minded, and I think deeply before making a decision.
Kindness  I like to do nice things, to care and help others.	Leadership  I become a good example, I encourage my teammates to accomplish our goal.	Love  I am a good listener. I tell people that I love them.	Love of learning  I am eager to learn new things, and I master new skills.	Perseverance  I try to overcome obstacles, gradually to achieve my goals.	Perspective  I can see the big picture and give advice to others.
Prudence  I am careful to not take too many risks.	Self-regulation  I am disciplined, I manage well my emotions and actions.	Spirituality  I search for deep meaning, and feel a sense of purpose.	Social Intelligence  I am aware of my feelings, I have empathy towards others.	Teamwork  I like to work with my friends, to share and help each other.	Zest  I am enthusiastic and full of energy in many activities.

Source: VIA Institute on Character