

24 Character Strengths

- ✓ Hope, Optimism, and Future-Mindedness
- ✓ Zest, Enthusiasm, and Energy
- ✓ Gratitude
- ✓ Capacity to Love and be Loved
- ✓ Curiosity and Interest in the World
- ✓ Social Intelligence
- ✓ Perspective (Wisdom)
- ✓ Valor
- ✓ Industry, Diligence and Perseverance
- ✓ Self-Control and Self-Regulation
- ✓ Kindness and Generosity
- ✓ Honesty, Authenticity and Genuineness
- ✓ Citizenship and Teamwork
- ✓ Fairness, Equity, and Justice
- ✓ Leadership
- ✓ Caution, Prudence and Discretion
- ✓ Forgiveness and Mercy
- ✓ Spirituality, Sense of Purpose, and Faith
- ✓ Humor and Playfulness
- ✓ Modesty
- ✓ Appreciation of Beauty and Excellence
- ✓ Creativity, Ingenuity and Originality
- ✓ Judgment, Critical Thinking & Open-Mindedness
- ✓ Love of Learning

