

1. Spirituality

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.

2. Bravery

Not shrinking from threat, challenge, difficulty, or pain; speaking up for what's right even if there's opposition; acting on convictions even if unpopular; includes physical bravery but is not limited to it.

3. Forgiveness

Forgiving those who have done wrong; accepting others' shortcomings; giving people a second chance; not being vengeful.

4. Gratitude

Being aware of and thankful for the good things that happen; taking time to express thanks.

5. Humor

Liking to laugh and tease; bringing smiles to other people; seeing the light side; making (not necessarily telling) jokes.

6. Teamwork

Working well as a member of a group or team; being loyal to the group; doing one's share.

7. Judgment

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.

8. Perspective

Being able to provide wise counsel to others; having ways of looking at the world that make sense to oneself/others.

9. Love of learning

Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally; related to the strength of curiosity but goes beyond it to describe the tendency to add systematically to what one knows.

10. Zest

Approaching life with excitement and energy; not doing things halfway or halfheartedly; living life as an adventure; feeling alive and activated.

11. Appreciation of Beauty & Excellence

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.

12. Creativity

Thinking of novel and productive ways to conceptualize and do things; includes artistic achievement but is not limited to it.

13. Honesty

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.

14. Love

Valuing close relations with others, in particular those in which sharing & caring are reciprocated; being close to people.

15. Kindness

Doing favors and good deeds for others; helping them; taking care of them.

16. 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.

17. Social intelligence

Being aware of the motives/feelings of others and oneself; knowing what to do to fit into different social situations; knowing what makes other people tick.

18. Prudence

Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted.

19. Curiosity

Taking an interest in ongoing experience for its own sake; finding subjects and topics fascinating; exploring and discovering.

20. Hope

Expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about.

21. Fairness

Treating all people the same according to notions of fairness and justice; not letting feelings bias decisions about others; giving everyone a fair chance.

22. Perseverance

Finishing what one starts; persevering in a course of action in spite of obstacles; “getting it out the door”; taking pleasure in completing tasks.

23. Humility

Letting one's accomplishments speak for themselves; not regarding oneself as more special than one is.

24. Self-Regulation

Regulating what one feels and does; being disciplined; controlling one's appetites and emotions.