

The 24 Character Strengths

And here's a list of the 24 character strengths identified in "[Character Strengths and Virtues](#)," the 2004 book by Chris Peterson and Martin Seligman that was the origin of this initiative.

Zest: approaching life with excitement and energy; feeling alive and activated

Grit: finishing what one starts; completing something despite obstacles; a combination of persistence and resilience.

Self-control: regulating what one feels and does; being self-disciplined

Social intelligence being aware of motives and feelings of other people and oneself

Gratitude: being aware of and thankful for the good things that happen

Love: valuing close relationships with others; being close to people

Hope: expecting the best in the future and working to achieve it

Humor: liking to laugh and tease; bringing smiles to other people; seeing a light side

Creativity: coming up with new and productive ways to think about and do things

Curiosity: taking an interest in experience for its own sake; finding things fascinating

Open-mindedness: examining things from all sides and not jumping to conclusions

Love of learning: mastering new skills and topics on one's own or in school

Wisdom: being able to provide good advice to others

Bravery: not running from threat, challenge, or pain; speaking up for what's right

Integrity: speaking the truth and presenting oneself sincerely and genuinely

Kindness: doing favors and good deeds for others; helping them; taking care of them

Citizenship: working well as a member of a group or team; being loyal to the group

Fairness: treating all people the same; giving everyone a fair chance

Leadership: encouraging a group of which one is a valued member to accomplish

Forgiveness: forgiving those who've done wrong; accepting people's shortcomings

Modesty: letting one's victories speak for themselves; not seeking the spotlights

Prudence/Discretion: being careful about one's choices; not taking undue risks

Appreciation of beauty: noticing and appreciating all kinds of beauty and excellence

Spirituality: having beliefs about the higher purpose and meaning of the universe