

24 Character Strengths

BY VIA INSTITUTE ON CHARACTER

Every individual possesses all 24 character strengths in different degrees, giving each person a unique character profile. Discover your personal character strengths by going to www.authentic happiness.sas.upenn.edu/testcenter

WISDOM

CREATIVITY

- Thinking of new ways to do things is a crucial part of who you are.

CURIOSITY

- You like exploration and discovery.

JUDGEMENT

- You think things through and examine them from all sides.

LOVE OF LEARNING

- You have a passion for mastering new skills, topics, and bodies of knowledge.

PERSPECTIVE

- People who know you consider you wise.

COURAGE

BRAVERY

- You do not shrink from threat, challenge , difficulty or pain.

HONESTY

- You live your life in a genuine and authentic way.

PERSERVERANCE

- You work hard to finish what you start.

ZEST

- You approach everything you do with excitement and energy.

HUMANITY

KINDNESS

- You are kind and generous to others.

LOVE

- You value close relations with others.

SOCIAL INTELLIGENCE

- You know how to fit in to different social situations.



JUSTICE

FAIRNESS

- One of your abiding principles is to treat all people fairly.

LEADERSHIP

- You excel at encouraging a group to get things done.

TEAMWORK

- You excel as a member of a group.

TEMPERANCE

FORGIVENESS

- You forgive those who have done you wrong.

HUMILITY

- You do not seek the spotlight and others recognize and value your modesty.

PRUDENCE

- You are a careful person.

SELF REGULATION

- You are a disciplined person.

TRANSCENDENCE

APPRECIATION OF BEAUTY

- Thinking of new ways to do things is a crucial part of who you are

GRATITUDE

- You like exploration and discovery

HOPE

- You think things through and examine them from all sides.

HUMOR

- You have a passion for mastering new skills, topics, and bodies of knowledge.

SPIRITUALITY

- People who know you consider you wise.