

Character Strengths Reference Sheet

This reference sheet provides a comprehensive list of character strengths—positive traits that reflect your values in action. These strengths support personal growth, emotional intelligence, and meaningful connection with others.

Wisdom & Knowledge • Curiosity – Desire to explore and learn • Love of Learning – Passion for acquiring new knowledge or skills • Perspective – Offering wise insight and seeing the bigger picture • Judgment / Critical Thinking – Thinking things through and examining all sides • Creativity – Generating novel and valuable ideas	Courage • Bravery – Facing danger, difficulty, or pain with resolve • Perseverance – Staying focused and resilient through obstacles • Honesty – Speaking and living your truth with integrity • Zest / Vitality – Approaching life with excitement and energy
Justice • Fairness – Treating people equally and justly • Leadership – Organizing, motivating, and guiding groups • Teamwork / Citizenship – Working well in a group; loyalty and cooperation	Humanity • Love – Valuing close relationships and expressing warmth • Kindness – Doing good deeds and showing compassion • Social Intelligence – Understanding emotions, motives, and dynamics in relationships
Temperance • Forgiveness – Letting go of resentment or revenge • Humility – Being modest and letting accomplishments speak for themselves • Prudence – Being careful and thoughtful in decision-making • Self-Regulation – Managing impulses, emotions, and behaviors effectively	Transcendence • Gratitude – Being thankful and showing appreciation • Hope / Optimism – Expecting the best and working toward it • Spirituality – Seeking purpose and connection to the sacred • Appreciation of Beauty & Excellence – Noticing and valuing excellence or beauty • Humor – Seeing the light side and bringing joy to others
Additional Traits Often Considered Character Strengths:	
Personal & Relational • Compassion – Deep empathy paired with action • Authenticity – Showing up as your true self • Patience – Calm endurance through discomfort or delay • Accountability – Taking responsibility for actions • Empathy – Feeling with others and responding with care • Trustworthiness – Being reliable and dependable	Inner Fortitude • Resilience – Bouncing back from setbacks • Adaptability – Adjusting flexibly to change • Tenacity – Grit + passion over the long term • Intuition – Trusting gut-level wisdom • Determination – Relentlessly pursuing goals Self-Awareness & Meta-Cognition • Clarity – Recognizing and understanding your own patterns • Openness – Willingness to be wrong or consider new ideas • Reflection – Thoughtful introspection and learning from experience • Discernment – Making wise distinctions between what matters and what doesn't