

- □ Wisdom and Knowledge the acquisition and use of knowledge
 - Creativity
 - Curiosity
 - Judgment
 - Love of Learning
 - Perspective
- Courage the exercise of will to accomplish goals in the face of opposition, external or internal
 - Bravery
 - Perseverance
 - Honesty
 - Zest
 - Humanity
 - Love
 - Kindness
 - Social Intelligence
- Justice civic strengths that underlie healthy community life
 - Teamwork
 - Fairness
 - Leadership
- **Temperance** –strengths that protect against excess
 - **Forgiveness**
 - Humility
 - Prudence
 - Self-Regulation
- **Transcendence** strengths that forge connections to the larger universe and provide meaning
 - Appreciation of Beauty and Excellence
 - Gratitude
 - 🗌 Норе
 - Humor
 - Spirituality

Reference: Park, N., & Peterson, C. (2008). Positive Psychology and Character Strengths: Application to Strengths-Based School Counseling. *Professional School Counseling*. <u>https://doi.org/10.1177/2156759X0801200214</u>

