

- 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
 - Hope
 - Humor
 - Spirituality