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- □ 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>

