1. Wisdom and Knowledge – Cognitive strengths that entail the acquisition and use of knowledge
   - Creativity [originality, ingenuity]: Thinking of novel and productive ways to conceptualize and do things; includes artistic achievement but is not limited to it
   - Curiosity [interest, novelty-seeking, openness to experience]: Taking an interest in ongoing experience for its own sake; finding subjects and topics fascinating; exploring and discovering
   - Judgment & Open-Mindedness [critical thinking]: Thinking things through and examining them from all sides; not jumping to conclusions; being able to change one's mind in light of evidence; weighing all evidence fairly
   - Love of Learning: Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally; obviously related to the strength of curiosity but goes beyond it to describe the tendency to add systematically to what one knows
   - Perspective [wisdom]: Being able to provide wise counsel to others; having ways of looking at the world that make sense to oneself and to other people

2. Courage – Emotional strengths that involve the exercise of will to accomplish goals in the face of opposition, external or internal
   - Bravery [valor]: Not shrinking from threat, challenge, difficulty, or pain; speaking up for what is right even if there is opposition; acting on convictions even if unpopular; includes physical bravery but is not limited to it
   - Perseverance [persistence, industriousness]: Finishing what one starts; persisting in a course of action in spite of obstacles; “getting it out the door”; taking pleasure in completing tasks
   - Honesty [authenticity, integrity]: Speaking the truth but more broadly presenting oneself in a genuine way and acting in a sincere way; being without pretense; taking responsibility for one's feelings and actions
   - Zest [vitality, enthusiasm, vigor, energy]: Approaching life with excitement and energy; not doing things halfway or halfheartedly; living life as an adventure; feeling alive and activated

3. Humanity - Interpersonal strengths that involve tending and befriending others
   - Capacity to Love and Be Loved: Valuing close relations with others, in particular those in which sharing and caring are reciprocated; being close to people
   - Kindness [generosity, nurturance, care, compassion, altruistic love, "niceness"]: Doing favors and good deeds for others; helping them; taking care of them
   - Social Intelligence [emotional intelligence, personal intelligence]: Being aware of the motives and feelings of other people and oneself; knowing what to do to fit into different social situations; knowing what makes other people tick
4. Justice - Civic strengths that underlie healthy community life
   - **Teamwork** [citizenship, social responsibility, loyalty]: Working well as a member of a group or team; being loyal to the group; doing one's share
   - **Fairness**: Treating all people the same according to notions of fairness and justice; not letting personal feelings bias decisions about others; giving everyone a fair chance.
   - **Leadership**: Encouraging a group of which one is a member to get things done and at the time maintain time good relations within the group; organizing group activities and seeing that they happen.

5. Temperance – Strengths that protect against excess
   - **Forgiveness & Mercy**: Forgiving those who have done wrong; accepting the shortcomings of others; giving people a second chance; not being vengeful
   - **Modesty & Humility**: Letting one's accomplishments speak for themselves; not regarding oneself as more special than one is
   - **Prudence**: Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted
   - **Self-Regulation** [self-control]: Regulating what one feels and does; being disciplined; controlling one's appetites and emotions

6. Transcendence - Strengths that forge connections to the larger universe and provide meaning
   - **Appreciation of Beauty and Excellence** [awe, wonder, elevation]: Noticing and appreciating beauty, excellence, and/or skilled performance in various domains of life, from nature to art to mathematics to science to everyday experience
   - **Gratitude**: Being aware of and thankful for the good things that happen; taking time to express thanks
   - **Hope** [optimism, future-mindedness, future orientation]: Expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about
   - **Humor** [playfulness]: Liking to laugh and tease; bringing smiles to other people; seeing the light side; making (not necessarily telling) jokes
   - **Religiousness & Spirituality** [faith, purpose]: Having coherent beliefs about the higher purpose and meaning of the universe; knowing where one fits within the larger scheme; having beliefs about the meaning of life that shape conduct and provide comfort

**My Top 5 Signature Strengths**

1. 
2. 
3. 
4. 
5.

Take one of the signature strengths you have identified, and for the following week, use the strength in a new way every day. This is one of the methods systematically tested and shown to have long-term positive effects on happiness. **The critical ingredient is using the strengths in a new way. High achievers spend most of their time in their areas of strength.**