

Resource for “The Story Behind the CSF2 Story”

Here are the 6 virtues and 24 character traits identified by Peterson and Seligman:

1. **Wisdom and knowledge:** cognitive strengths related to accruing and using knowledge.
 - **Creativity:** thinking in novel, productive ways, with originality or ingenuity.
 - **Curiosity:** interest in experience for its own sake, openness to experience, finding things fascinating.
 - **Open-mindedness:** thinking things through, not jumping to conclusions, having good critical thinking and judgment.
 - **Love of learning:** enjoying learning and systematically organizing experience; also surfaces as love of teaching others.
 - **Perspective:** being able to make sense of the world to oneself and others, having wisdom.
2. **Courage:** emotional strengths that involve the will to accomplish goals in the face of external or internal opposition.
 - **Bravery:** not shrinking from challenge or pain; speaking up, standing up for convictions.
 - **Persistence:** finishing what you start and getting it out the door.
 - **Integrity:** presenting oneself in a genuine, honest way, taking responsibility for one’s feelings and actions.
 - **Vitality:** feeling alive and activated, with zest, vigor, and energy.
3. **Humanity:** interpersonal strengths, tending and befriending others.
 - **Love:** valuing close relations.
 - **Kindness:** doing good deeds for others, nurturance, compassion, and altruism.
 - **Social intelligence:** being aware of motives and feelings of others and oneself.
4. **Justice:** civic strengths that would foster healthy community life.
 - **Citizenship:** working well with a team, loyalty, social responsibility.

- **Fairness:** treating people equally, not swayed by personal feelings.
- **Leadership:** encouraging your group to get things done while maintaining good relations.

5. **Temperance:** strengths that protect against excess.

- **Forgiveness and mercy:** not being vengeful; giving others a second chance.
- **Humility:** not seeking the spotlight; modesty.
- **Prudence:** farsightedness; being careful about choices.
- **Self-regulation:** controlling appetites and emotions.

6. **Transcendence:** strengths that provide meaning and connect with a larger universe.

- **Appreciation of beauty and excellence:** notice and appreciation of nature, performance; able to experience awe and wonder.
- **Gratitude:** being aware and thankful for the good things that happen and for life itself, accompanied by warm goodwill.
- **Hope and optimism:** expecting the best and believing a good future is something you can help bring about.
- **Humor:** playfulness, enjoying laughter, making people smile.
- **Spirituality:** coherent beliefs about the higher purpose in life and connection to the purpose and meaning.

You can determine your own signature strength and its supporting cluster of virtues by completing an assessment found at the following website:

<http://www.authentichappiness.sas.upenn.edu>

You will need to register with the site, then once accessed, click the “Questionnaires” pulldown, then select “VIA Survey of Character Strengths.” It is a lengthy survey, but you will like the payoff. It will immediately identify your “signature strength” in a ranking of the top five.

Other Surveys and Assessments are available to you after you register to the site, and your results, which remain anonymous, are factored into the cumulative results of very large numbers of others, validating for you and for them the outcomes your replies produce.