

Periodic Table of the Human Character Strengths

What is unique about your profile is the position of each strength. The strengths listed at or near the top are likely to be those that are most representative of the "real you."

Remember: everyone has all 24 strengths, just in differing amounts. Your lower strengths (those near the bottom of your profile) are not weaknesses. Instead, they are strengths that come less naturally to you and require more effort to use.

Ap
Appreciation of Beauty & Excellence
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.

Cr
Creativity
Thinking of novel and productive ways to conceptualize and do things; includes artistic achievement but is not limited to it.

Cu
Curiosity
Taking an interest in ongoing experience for its own sake; finding subjects and topics fascinating; exploring and discovering.

Br
Bravery
Not shrinking from threat, challenge, difficulty, or pain; speaking up for what's right even if there's opposition; acting on convictions even if unpopular; includes physical bravery but is not limited to it.

Further Reading
The **VIA Institute on Character** is an organization dedicated to "bringing the science of character strengths to the world."
The VIA offers a free Values assessment that has been utilized by over 5 million people around the world and is now the largest database on character strengths in the world. In addition to the free assessment, the VIA site offers tools to support your exploration and a substantial body of research.
<https://www.viacharacter.org/about>

Fo
Forgiveness
Forgiving those who have done wrong; accepting others' shortcomings; giving people a second chance; not being vengeful.

Gr
Gratitude
Being aware of and thankful for the good things that happen; taking time to express thanks.

Ju
Judgment
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.

Hn
Honesty
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.

Lo
Love
Valuing close relations with others, in particular those in which sharing & caring are reciprocated; being close to people.

Fa
Fairness
Treating all people the same according to notions of fairness and justice; not letting feelings bias decisions about others; giving everyone a fair chance.

Hu
Humility
Letting one's accomplishments speak for themselves; not regarding oneself as more special than one is.

Hp
Hope
Expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about.

LL
Love of Learning
Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally; related to the strength of curiosity but goes beyond it to describe the tendency to add systematically to what one knows.

Ps
Perseverance
Finishing what one starts; persevering in a course of action in spite of obstacles; "getting it out the door"; taking pleasure in completing tasks.

Ki
Kindness
Doing favors and good deeds for others; helping them; taking care of them.

Le
Leadership
Encouraging a group of which one is a member to get things done and at the same time maintain good relations within the group; organizing group activities and seeing that they happen.

Pr
Prudence
Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted.

Hm
Humor
Liking to laugh and tease; bringing smiles to other people; seeing the light side; making (not necessarily telling) jokes.

Pe
Perspective
Being able to provide wise counsel to others; having ways of looking at the world that make sense to oneself/others.

Z
Zest
Approaching life with excitement and energy; not doing things halfway or halfheartedly; living life as an adventure; feeling alive and activated.

SI
Social Intelligence
Being aware of the motives/feelings of others and oneself; knowing what to do to fit into different social situations; knowing what makes other people tick.

T
Teamwork
Working well as a member of a group or team; being loyal to the group; doing one's share.

SR
Self-Regulation
Regulating what one feels and does; being disciplined; controlling one's appetites and emotions.

Sp
Spirituality
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.

WISDOM

COURAGE

HUMANITY

JUSTICE

TEMPERANCE

TRANSCENDENCE