

Virtues and Strengths Handout

- **Wisdom and Knowledge** (strengths that involve the acquisition and use of knowledge)
 - creativity
 - curiosity
 - open-mindedness
 - love of learning
 - perspective and wisdom
- **Courage** (strengths that allow one to accomplish goals in the face of opposition)
 - bravery
 - persistence
 - integrity
 - vitality
- **Humanity** (strengths of tending and befriending others)
 - love
 - kindness
 - social intelligence
- **Justice** (strengths that build healthy community)
 - active citizenship / social responsibility / loyalty / teamwork
 - fairness
 - leadership
- **Temperance** (strengths that protect against excess)
 - forgiveness and mercy
 - humility and modesty
 - prudence
 - self-regulation and self control
- **Transcendence** (strengths that forge connections to the larger universe and provide meaning)
 - appreciation of beauty and appreciation of excellence
 - gratitude
 - hope
 - humor and playfulness
 - spirituality

Team Virtues and Strengths-Strength Spotting

