

**Self - Control
and
Self - Regulation**

**Caution,
Prudence,
Discretion**

**Humility
and
Modesty**

**Forgiveness
and
Mercy**

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and
Self - Regulation**

**Caution,
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**Humility
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**Forgiveness
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Self-consciously regulates feelings and actions.
A disciplined person in control of appetites
and emotions, not vice versa.

Peterson, C & Seligman, M.E.P (2004). Character Strengths and
Virtues: A Handbook and Classification. Washington, D.C.:
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A careful person, with consistently prudent choices.
Does not say or do things that they might later
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Does not seek the spotlight. Lets results speak for
themselves. Does not regard oneself as special, and
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Forgives those who have done one wrong.
Always gives people a second chance.
Guiding principle is mercy and not revenge.

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Fantail Orange Back

Leadership

**Fairness,
Equity,
Justice**

**Citizenship,
Teamwork,
Loyalty**

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Equity,
Justice**

**Citizenship,
Teamwork,
Loyalty**

Excels at leadership tasks:
Gets things done and preserves harmony
within the group,
Makes everyone feel included

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Treating all people fairly as an abiding principle.
Does not let personal feelings bias decisions about
other people. Gives everyone a chance.

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Excels as a member of a group.
A loyal and dedicated teammate, always doing
one's share; works hard for the success of the group

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Rosella Red Back

**Social
Intelligence**

**Kindness
and
Generosity**

**Capacity to Love
and Be Loved**

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**Kindness
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**Capacity to Love
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Aware of the motives and feelings of other people.
Knows what to do to fit in different social situations; knows how to put others at ease

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Kind and generous to others, never too busy to do a favor. Enjoys doing good deeds for others, even if one does not know them well.

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Values close relations with others, in particular those in which sharing and caring are reciprocated. Feels most close to the same people who feel most close to him/her.

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Kingfisher Blue back

**Appreciation
of Beauty and
Excellence**

**Appreciation
of Beauty and
Excellence**

**Spirituality,
Sense of Purpose,
Faith**

**Spirituality,
Sense of Purpose,
Faith**

**Humor
and
Playfulness**

**Humor
and
Playfulness**

Gratitude

Gratitude

**Hope,
Optimism,
Future-Mindedness**

**Hope,
Optimism,
Future-Mindedness**

Notices and appreciates beauty, excellence, and/or skilled performance in all domains of life.

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Has strong beliefs about higher purpose and meaning of the universe. Knows where one fits in the larger scheme. Beliefs shape actions.

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Likes to laugh and tease. Bringing similes to other people is important. Tries to see the light side of all situations.

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Aware of the goods things that happen to oneself, never taking them for granted. Usually takes the time to express thanks.

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**Perspective
and
Wisdom**

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and
Wisdom**

**Curiosity and Interest
in the World**

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in the World**

**Creativity,
Originality,
Ingenuity**

**Creativity,
Originality,
Ingenuity**

**Judgement
and
Critical Thinking**

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and
Critical Thinking**

**Love of
Learning**

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Learning**

May not think of self as wise, but friends hold this view. Friends value perspective on matters and turn to person for advice.

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Curious about everything. Always asking questions, finds all subjects and topics fascinating. Likes exploration and discovery.

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Thinks of new ways to do things. Never content with doing something the conventional way if a better way is possible.

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Thinking things through and examining them from all sides. Relying only on solid evidence to make decisions. Able to change one's mind.

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**Industry,
Diligence,
Perseverance**

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Diligence,
Perseverance**

**Honesty,
Authenticity,
Genuineness**

**Honesty,
Authenticity,
Genuineness**

**Zest,
Enthusiasm,
Energy**

**Zest,
Enthusiasm,
Energy**

**Bravery
and
Valor**

**Bravery
and
Valor**

Works hard to finish what started. No matter the project, “gets it out the door” in timely fashion.
Does not get distracted when working.

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Honest person, not only by speaking the truth but by living life in a genuine and authentic way. Down to earth and without pretense.

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Parakeet green back