



THE POSITIVITY PROJECT

CHARACTER STRENGTH DEFINITIONS



Appreciation of Beauty & Excellence

You notice and value the world's beauty and people's skills. You don't take things for granted.



Bravery

You act with mental, moral, or physical strength even when you know things are difficult or scary.



Creativity

You come up with new and original ways to think about and do things.



Curiosity

You like exploration and discovery. You ask lots of questions because you want to learn more about anything and everything.



Enthusiasm

You approach life with excitement and energy. You energize people around you.



Fairness

You believe that all people have value. You approach situations with an unbiased mindset and treat everyone with respect.



Forgiveness

You forgive those who have done wrong. You accept that people make mistakes.



Gratitude

You are aware of and thankful for good things that happen.



Humility

You do not seek the spotlight. You let your actions speak for themselves.



Humor

You like to laugh and bring smiles to other people.



Integrity

You are honest and speak the truth. You present yourself genuinely and sincerely.



Kindness

You are generous to others, and you are never too busy to help out. You enjoy doing good deeds for other people.



Leadership

You value each member of your group and inspire people to do their best.



Love

You value close relationships with others and being close to people.



Love of Learning

You master new skills and topics on your own or in school.



Open-Mindedness

You like to consider new ideas and try new things. You examine things from all sides and don't jump to conclusions.



Optimism

You expect the best from the future and work to achieve it.



Perseverance

You complete what you start despite obstacles. You never give up.



Perspective

You appreciate that people see things in different ways. You have the ability to understand the world from multiple points of view.



Prudence

You plan for the future and achieve your goals by making careful everyday choices.



Purpose

You have beliefs about the meaning of life and your life's purpose. You seek to be part of something greater than yourself.



Self-Control

You have the ability to control your emotions and behaviors. You think before you act.



Social Intelligence

You are aware of other people's thoughts and feelings. You understand why they do things.



Teamwork

You work well as a member of a group or team. You are loyal, reliable, and dedicated to helping your team achieve its goals.