THE POSITIVITY PROJECT

CHARACTER STRENGTHS 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.

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

Creativity
You come up 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.

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.

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

Humility/Modesty
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.

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

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

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

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/Citizenship
You work well as a member of a group or team. You are loyal and sacrifice your individual desires for the greater good.

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