

# TMF Character Strengths & Definitions

Strength	Definition
<b>Appreciation of Beauty</b>	Drawing inspiration from beauty and excellence
<b>Bravery</b>	Standing firm in a personal value, despite opposition
<b>Creativity</b>	Imagining new and unique ways of thinking or doing things
<b>Curiosity</b>	Being open to experience and knowledge
<b>Fairness</b>	Promoting justice and equality
<b>Forgiveness</b>	Being accepting of people's faults or mistakes
<b>Gratitude</b>	Being thankful for good things in life
<b>Honesty</b>	Being genuine and taking responsibility for one's actions
<b>Hope</b>	Expecting the best and working toward it
<b>Humility</b>	Being modest about one's own accomplishments
<b>Humor</b>	Enjoying making others smile or laugh
<b>Judgment</b>	Examining all sides of an issue before making a decision
<b>Kindness</b>	Taking care of others; being caring, generous, and considerate
<b>Leadership</b>	Motivating a group of people to achieve a goal
<b>Love</b>	Valuing individual relationships with others
<b>Love of Learning</b>	Always adding to one's knowledge and skills
<b>Perseverance</b>	Finishing what you started, despite obstacles and setbacks
<b>Perspective</b>	Having a thoughtful point of view that others seek out
<b>Prudence</b>	Considering outcomes and risks carefully before acting or speaking
<b>Self Regulation</b>	Being mindful of and responsible for one's own emotions and actions
<b>Social Intelligence</b>	Understanding what makes other people tick
<b>Spirituality</b>	Believing in one's purpose in life and place in the universe
<b>Teamwork</b>	Cooperating with others toward a common goal
<b>Zest</b>	Approaching life as an adventure with great enthusiasm

