

24 Human Characteristics of Positive Psychology

Wisdom

- **סקרנות Curiosity/Interest:** Taking an interest in an experience; finding subjects and topics fascinating; exploring and discovering.
- **שקול דעת Judgment/Critical Thinking:** Thinking things through; not jumping to conclusions; to change one's mind in light of evidence.
- **יצירה Originality/Creativity:** Thinking of novel and productive ways to conceptualize and do things; not limited to artistic achievement.
- **תלמוד תורה Love of Learning:** Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally.
- **חכמה Perspective:** Being able to provide wise counsel to others; having ways of looking at the world that make sense to self and others.

Humanity

- **דרך ארץ Social Intelligence:** Being aware of the motives and feelings of other people and oneself; knowing what makes other people tick.
- **חסד Kindness/Generosity:** Doing favors and good, deeds for others; helping them; taking care of them.
- **אהבה Love/Intimacy:** Valuing close relations with others, in particular those in which sharing and caring are reciprocated.

Justice

- **אחריות Citizenship/Duty/Teamwork:** Working well as a member of a group or team; being loyal to the group; doing one's share.
- **דין Equity/Fairness:** Treating all people the same according to notions of fairness and justice; giving everyone a fair chance.
- **מנהיגות Leadership:** Encouraging a group of which one is a member to get things done and at the time maintain time good relations.

Temperance

- **מחילה Forgiveness/Mercy:** Forgiving others; accepting shortcomings; giving second chances.

- **צניעות Prudence/Caution:** Being careful about one's choices; not taking undue risks.
- **גבורה Self-Control/Self-Regulation:** Regulating what one feels and does; being disciplined; controlling one's appetites and emotions.
- **ענאווה Humility:** The ability to honestly reflect on one's contribution without a sense inflated ego.

Courage

- **אומץ לב Bravery/Valor:** Not shrinking from threat or pain; speaking up for what is right even if there is opposition.
- **נצח Industry/Perseverance:** Finishing what one starts; persisting in a course of action in spite of obstacles.
- **יושר Integrity/Honesty:** Speaking the truth, but more broadly presenting oneself in a genuine way and acting with sincerity.
- **זריזות Zest:** Approaching life with excitement and energy; not doing things halfway or halfheartedly; living life as an adventure.

Transcendence

- **תקוה Hope/Optimism:** Expecting the best in the future and working to achieve it; believing a good future is possible.
- **שמחה Humor/Playfulness:** Liking to laugh and tease; bringing smiles to other people; making (not necessarily telling) jokes.
- **קדושה Spirituality/Sense of Purpose:** Beliefs about the higher purpose and meaning of the universe; knowing where one fits.

הכרת הטוב Gratitude: Being aware of and thankful for the good things that happen; taking time to express thanks.

תפארת Appreciation of Beauty/Awe: Appreciating skilled performance, nature, art, math, or even everyday experiences.

(Adapted from ViaCharacter.org)