

MARTIN SELIGMAN'S 24 SIGNATURE STRENGTHS

Martin Seligman named a set of 24 Signature Strengths. You can find out more about Martin Seligman's work at the Authentic Happiness Center. Here are Seligman's 24 Signature Strengths:

1. Appreciation of Beauty and Excellence
2. Bravery and Valor
3. Capacity to Love and Be Loved
4. Caution, Prudence, and Discretion
5. Citizenship, Teamwork, and Loyalty
6. Creativity, Ingenuity, and Originality
7. Curiosity and Interest in the World
8. Fairness, Equity, and Justice
9. Forgiveness and Mercy
10. Gratitude
11. Honesty, Authenticity, and Genuineness
12. Hope, Optimism, and Future-mindedness
13. Humor and playfulness
14. Industry, Diligence, and Perseverance
15. Judgment, Critical Thinking, and Open-Mindedness
16. Kindness and Generosity
17. Leadership
18. Love of Learning
19. Modesty and Humility
20. Perspective and Wisdom
21. Self-Control and Self-Regulation
22. Social Intelligence
23. Spirituality, Sense of Purpose, and Faith
24. Zest, Enthusiasm, and Energy