

**Zest:** approaching life with excitement and energy; feeling alive and activated

**Grit:** finishing what one starts; completing something despite obstacles; a combination of persistence and resilience.

**Self-control:** regulating what one feels and does; being self-disciplined

**Social intelligence** being aware of motives and feelings of other people and oneself

**Gratitude:** being aware of and thankful for the good things that happen

**Love:** valuing close relationships with others; being close to people

**Hope:** expecting the best in the future and working to achieve it

**Humor:** liking to laugh and tease; bringing smiles to other people; seeing a light side

**Creativity:** coming up with new and productive ways to think about and do things

**Curiosity:** taking an interest in experience for its own sake; finding things fascinating

**Open-mindedness:** examining things from all sides and not jumping to conclusions

**Love of learning:** mastering new skills and topics on one's own or in school

**Wisdom:** being able to provide good advice to others

**Bravery:** not running from threat, challenge, or pain; speaking up for what's right

**Integrity:** speaking the truth and presenting oneself sincerely and genuinely

**Kindness:** doing favors and good deeds for others; helping them; taking care of them

**Citizenship:** working well as a member of a group or team; being loyal to the group

**Fairness:** treating all people the same; giving everyone a fair chance

**Leadership:** encouraging a group of which one is a valued member to accomplish

**Forgiveness:** forgiving those who've done wrong; accepting people's shortcomings

**Modesty:** letting one's victories speak for themselves; not seeking the spotlights

**Prudence/Discretion:** being careful about one's choices; not taking undue risks

**Appreciation of beauty:** noticing and appreciating all kinds of beauty and excellence

**Spirituality:** having beliefs about the higher purpose and meaning of the universe