

Virtue	Character Strength	Opposite	Absence	Excess
Wisdom & knowledge	creativity	intensity	conformity	eccentricity
	curiosity	boredom	disinterest	nosiness
	judgment	gullibility	ineffectiveness	cynicism
	love of learning	orthodoxy	complacency	"know-it-all"-ism
	perspective	foolishness	shallowness	ivory tower
Courage	bravery	cowardice	fright	foolhardiness
	persistence	helplessness	laziness	obsessiveness
	authenticity	deceit	phoniness	righteousness
	vitality	lifelessness	restraint	hyperactivity
	intimacy	loneliness	isolation	emotional promiscuity
Love	kindness	cruelty	indifference	intrusiveness
	social intelligence	self-deception	obtuseness	psychobabble
	citizenship	narcissism	selfishness	chauvinism
	fairness	prejudice	partisanship	detachment
	leadership	sabotage	compliance	despotism
Temperance	forgiveness	vengefulness	mercilessness	permissiveness
	humility	arrogance	footless self-esteem	self-deprecation
	prudence	recklessness	sensation seeking	prudishness
	self-regulation	impulsivity	self-indulgence	inhibition
	awe	criticism	oblivion	snobbery
Transcendence	gratitude	entitlement	rudeness	marginalization
	hope	despair	present orientation	Pollyannaism
	humor	dourness	humorlessness	buffoonery
	spirituality	alienation	anomie	fanaticism

Virtue of Wisdom



Creativity
Original, adaptive, ingenuity, seeing and doing things in different ways



Curiosity
Interest, novelty-seeking, exploration, openness to experience



Judgment
Critical thinking, thinking through all sides, not jumping to conclusions



Love of Learning
Mastering new skills & topics, systematically adding to knowledge



Perspective
Wisdom, providing wise counsel, taking the big picture view

Virtue of Courage



Bravery
Valor, not shrinking from threat or challenge, facing fears, speaking up for what's right



Perseverance
Persistence, industry, finishing what one starts, overcoming obstacles



Honesty
Authenticity, being true to oneself, sincerity without pretense, integrity



Zest
Vitality, enthusiasm for life, vigor, energy, not doing things half-heartedly

Virtue of Humanity



Love
Both loving and being loved, valuing close relations with others, genuine warmth



Kindness
Generosity, nurturance, care, compassion, altruism, doing for others



Social Intelligence
Aware of the motives and feelings of oneself and others, knows what makes others tick



Teamwork
Citizenship, social responsibility, loyalty, contributing to a group effort



Fairness
Adhering to principles of justice, not allowing feelings to bias decisions about others



Leadership
Organizing group activities to get things done, positively influencing others

Virtue of Temperance



Forgiveness
Mercy, accepting others' shortcomings, giving people a second chance, letting go of hurt



Humility
Modesty, letting one's accomplishments speak for themselves



Prudence
Careful about one's choices, cautious, not taking undue risks



Self-Regulation
Self-control, disciplined, managing impulses, emotions, and vices

Virtue of Transcendence



Appreciation of Beauty & Excellence
Awe and wonder for beauty, admiration for skill and moral greatness



Gratitude
Thankful for the good, expressing thanks, feeling blessed



Hope
Optimism, positive future-mindedness, expecting the best & working to achieve it



Humor
Playfulness, bringing smiles to others, lighthearted – seeing the lighter side



Spirituality
Connecting with the sacred, purpose, meaning, faith, religiousness

WOOP

WOOP helps people do the things they really want to do.

Name _____

WISH

What is an important wish that you want to accomplish? Your wish should be challenging but feasible.

My wish: _____

OUTCOME

What will be the best result from accomplishing your wish? How will you feel? Pause and really imagine the outcome.

Best outcome: _____

OBSTACLE

What is the main obstacle inside you that might prevent you from accomplishing your wish? Pause and really imagine the obstacle.

My obstacle: _____

PLAN

What's an effective action to tackle the obstacle? Make a when-then plan.

When: _____

Then I will: _____
(my action)