240 Positive Character Traits & Habits

Abstinence Acceptance Accomplishment Accountability Accuracy Adaptability Admirability **Aesthetics** Affection Agreeableness Altruism **Ambition Appreciation** Appropriateness Ardor Articulateness Assertiveness Attentiveness Authenticity Autonomy Availability **Awareness** Awe Beauty Benevolence **Boldness** Bravery Calmness Carefulness Caring Caution Charity Chastity Cheerfulness Childlikeness Citizenship Clarity Cleanliness Commitment Compassion Competence Complexity Comprehension Compromise Concentration Concern Conciseness

Confidence

Consideration Consistency Contentment Contribution Cooperation Courage Courtesy Creativity Curiosity Decisiveness Deference Defiance Dependability Depth Detachment Determination Devotion Dignity Diligence Discernment Discipline Discretion Diversity Eagerness Effectiveness Efficiency Elegance Eloquence **Empathy** Endurance Energy Enjoyment **Enthusiasm** Equitableness Excellence Experience **Expression** Exuberance **Fairness** Faith Faithfulness Fearlessness **Fidelity Firmness**

Fitness

Fluency

Focus

Flexibility

Forbearance Forgiveness Fortitude Freedom Friendliness Frugality Generosity Gentleness Grace Gratitude Greatness **Happiness** Harmony Helpfulness Holiness Honesty Honor Hope Humbleness Humility Humor Idealism **Imagination Impartiality** Independence Industry Influence Innocence Innovation Integrity Intention Joyfulness Justice Kindness Kinship Knowledge Leadership Leniency Liberality Lightness Love Loyalty Magnanimity Majesty Meekness Mercifulness Mindfulness

Moderation

Morality Motivation **Naturalness** Neighborliness Obedience Observance Oneness **Openness Optimism** Orderliness Organization Patience **Patriotism** Peace Peacefulness Perception Perseverance Persistence Persuasiveness Piety **Politeness** Positivity **Professionalism** Prudence Punctuality Purity Purposefulness Quality Rationality Realness Reliability Resilience Resoluteness Resourcefulness Respect Respectfulness Responsibility Restraint Reverence Righteousness Roundedness Satisfaction Security Self-control Self-discipline

Modesty

Self-sacrifice Sensitivity Serenity Seriousness Service Sharing Silence Simplicity Sincerity Sobriety Socialization Solemnity Spirituality Spontaneity Sportsmanship Steadfastness Strength Success Sympathy Tact Temperance Thankfulness Thoroughness Thoughtfulness **Thriftiness Tidiness** Tirelessness Tolerance Toughness Tranquility Trust Trustworthiness Truthfulness Understanding Uniqueness Unity Utility Vigor Virtue Vision Vitality Warmth Willingness Wisdom Wonder Wordlessness Worthiness Zeal

Selflessness

Self-respect