



Character Strengths

We can also refer to these as virtues or qualities of Love. These are empowering ways of being that help us through difficulties.

Accepting	Empathic	Loving
Accountable	Encouraging	Loyal
Appreciative	Enduring	Mindful
Assertive	Enthusiastic	Modest
Attentive	Excellent	Orderly
Balanced	Fair	Open
Clean	Faithful	Optimistic
Caring	Flexible	Orderly
Coachable	Friendly	Patient
Committed	Focused	Peaceful
Compassionate	Forgiving	Perseverant
Confident	Generous	Playful
Considerate	Gentle	Prayerful
Contented	Grateful	Present
Cooperative	Harmonious	Purposeful
Courageous	Helpful	Reliable
Courteous	Honest	Respectful
Creative	Honoring	Responsible
Decisive	Humble	Reverent
Dedicated	Inclusive	Self-disciplined
Dependable	Independent	Serene
Detached	Inspiring	Tactful
Determined	Integrous	Trusting
Devoted	Joyful	Trustworthy
Diligent	Just	Understanding
Discerning	Kind	Visionary
Embracing	Light-hearted	Wise