

Table 1 Categories and the Character Strengths (Park, Peterson & Seligman, 2006; Peterson & Seligman, 2004)

1. Wisdom and knowledge –

- * creativity: thinking of new and productive ways of conceptualising and doing things,
- * curiosity: displaying interest in everything happening around by research and discovery,
- * rationality: open and unprejudiced thinking, assessing things from all aspects and points of view,
- * affinity for learning: acquisition of new skills, topics and knowledge for the systematic development of the current knowledge,
- * potential: ability to give rational advice

2. Courage

- * honesty: telling the truth and a truthful representation of oneself, being open and sincere - *
- courage: facing the threats, challenges, difficulties and pain; ability to speak confidently of what is right and stand against opposition,
- * perseverance: finishing any job started, incessant activity regardless of the obstacles,
- * energy: living in a pleasant excitement and with energy, feeling lively and active

3. Humanity –

- * kindness: helping others and doing good, assisting and caring for others,
- * love: respecting and valuing close relationships; caring for and being with other people
- * social intelligence: being aware of other people's actions and feelings, understanding how to fit in and act in different situations.
- * justice: treating all the people equally according to the principles of justice, providing everyone with equal opportunities,
- * leadership: ability to organise group work while controlling the work of the group and, at the same time, maintaining good relationships with the group members within the framework of the task,
- * teamwork: a decent involvement in the group work, loyal attitude towards the group and fulfilling the assigned tasks within the group.

5. Moderation –

- * forgiveness: forgiving those who have done something wrong; giving a second chance, accepting the person's flaws,
- * restraint: allowing your achievements to speak for themselves without drawing specific attention to yourself,
- * carefulness: careful choice-making, thinking over the actions and words not to regret them later,
- * self-regulation: regulating your own actions and feelings, wishes and emotions, self-discipline.

6. Aiming for fulfilment, spirituality or transcendence –

- * valuing beauty and excellence: ability to value beauty, excellence and/or duly evaluating and recognizing a skilful performance in all areas of life,
- * gratitude: being aware of good things and thankful for them, as well as expressing gratitude,
- * hope: believing in a better future – hoping for the better and doing everything to achieve it,
- * humour: seeing the silver lining, laughing, joking and smiling,
- * belief in the supernatural: having your own views and beliefs in higher and more global life purpose and significance.