

# The Master List of Virtues

Compiled by Lion Goodman

*People say that there are many sins and virtues, but I think there is only one sin – to let one breath go without being conscious of it. -- Hazrat Sayyed Abu Hashim Madani, Sufi Master*

A **virtue** is a habit or quality that allows the bearer to succeed at his/her/its purpose. The virtue of a knife, for example, is sharpness; among the virtues of a racehorse is speed. Thus to identify the virtues for human beings, one must have an account of what the human purpose is. This is a list of virtues compiled from many sources. Please feel free to edit and add to this document if you see omissions or errors. Write to me with your corrections:

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*Eudaimonia* is a state variously translated from Greek as *well-being*, *happiness*, *blessedness*, and in the context of virtue ethics, *human flourishing*. *Eudaimonia* in this sense is not a subjective, but an objective, state. It characterizes the well-lived life, irrespective of the emotional state of the person experiencing it. According to Aristotle, *eudaimonia* is the proper goal of human life. It consists of exercising the characteristic human quality – [reason](#) – as the soul's most proper and nourishing activity. Aristotle, like Plato before him, argued that the pursuit of *eudaimonia* was an activity that could only properly be exercised in the characteristic human community—the [polis](#) or [city-state](#) (we would call it our *community*). For the virtue theorist, *eudaimonia* describes that state achieved by the person who lives the proper human life, an outcome that can be reached by [practicing](#) the virtues.

More than 650 Virtues are listed. Three lists follow the *Master List of Virtues*: [The Master List of Vices \(more than 350\)](#), [The Master List of Values \(© Values Technology, Inc.\)](#), and [The VIA Classification of Character Strengths \(© VIACharacter.org\)](#).

## How to Use This List

Life presents us, at every moment, opportunities to practice the Virtues: How you choose to act or respond to what presents itself to you. Here are suggestions for practicing them more consciously:

- Circle the Virtues you want to practice during the coming year, and post them visibly so you can be reminded of them every day.
- Create a set of "Virtue Cards" and pick one each day to practice.
- Review the list of Vices, recognize which ones you have been practicing in your life, and practice the opposite Virtue for one full week.
- Look up in a dictionary any words that are unfamiliar, or which you can't define, including the derivation, usage, and examples.
- Meditate on one Virtue each day.

**I wish you well on your journey to a more virtuous life of *eudaimonia*.**

# The Master List of Virtues

A	awe	companionship
ability		compassion
abundance	B	completeness
acceptance	balance	composure
accountability	beauty	comprehension
accuracy	being true to oneself	compromise
achievement	belief	concentration
acknowledgement	benevolence	confession
acting on convictions	benignity	confidence
activism	bliss	congruence
adaptability	bravery	conscience
adoration		consciousness
adventure	C	consecration
advice	candor	conservatism
affection	capacity to love	consideration
aging gracefully	capacity to be loved	consistency
allowing	care	contemplation
altruism	caring	contentment
amazement	caution	contribution
ambition	celebration	control
anger at injustice	celibacy	conviction
anticipation	certainty	cooperation
apology	chance	cooperativeness
appeasement	change	correctness
appreciation	chaos	courage
appreciation of beauty	character	courteousness
appreciation of excellence	charity	courtesy
approbation	charm	creativity
appropriate knowledge	chastity	credibility
appropriate conduct	cheerfulness	critical thinking
approval	chivalry	culture
art	choice	curiosity
assertiveness	citizenship	
assumptions	civility	D
atonement	clarity	death (acceptance of)
attention	class	decency
attitude	cleanliness	dedication
austerity	coincidence	deliberation
authenticity	collaboration	delight
authority	commitment	dependability
autonomy	communication	desire
awareness	communion	destiny
	community	detachment

determination  
devotion to virtues  
devotion to others  
dignity  
diligence  
diplomacy  
discernment  
discipline  
dis-creation (of what  
is no longer needed)  
discretion  
disillusion  
dissolution  
diversity  
dreams  
dutifulness

## E

eagerness  
earnestness  
ecstasy  
education  
efficiency  
endurance  
effort (doing one's  
best)  
elegance  
elevation  
eloquence  
emotion  
empathy  
emptiness  
encouragement  
endurance  
energy  
enlightenment  
enthusiasm  
epiphany  
equality  
equanimity  
esteem  
etiquette  
excellence  
excitement  
expressiveness  
extravagance

## F

failure (allowing for)  
fairness  
faith  
faithfulness  
family  
farsightedness  
fearlessness  
feeling  
fidelity  
finishing what's started  
flexibility  
flow  
focus  
forbearance  
foresight  
forgiveness  
fortitude  
frankness  
freedom  
friendliness  
friendship  
frugality  
fulfillment  
fun

## G

gallantry  
generosity  
genius  
gentleness  
genuineness  
glory  
goals  
godliness  
good speech  
goodness  
grace  
grandeur  
gratefulness  
gratitude  
gravitas  
gravity  
growth

## H

happiness

harmlessness  
harmony  
healing  
health  
heaven on earth  
helpfulness  
helping others  
holiness  
honesty  
honor  
hope  
hopefulness  
hospitality  
humanity  
humility  
humor

## I

idealism  
ideals  
identities (ease of  
shifting)  
illumination  
imagination  
impartiality  
imperfection (allowing  
for)  
inclusion  
incorruptibility  
independence  
individuality  
industriousness  
ingenuity  
initiative  
inner exploration  
innocence  
innovation  
insight  
inspiration  
instinct  
integrity  
intelligence  
interdependence  
interest in the world  
intimacy  
intuition  
inventiveness

investigation  
irony

J

joy  
joyfulness  
judgment (good)  
justice

K

kind speech  
kindness  
kinship  
knowledge

L

laughter  
leadership  
learning  
leisure  
liberalism  
liberty  
listening  
logic  
love  
love of learning  
loving-kindness  
lovingness  
loyalty  
luck  
luxuriating

M

majesty  
management  
manners  
maturity  
meaning  
mellowness  
mercy  
mildness  
mindfulness  
mineness (organiz-  
ing into higher order  
systems)  
mistakes (allowing for)  
moderation

modesty  
morality  
motherhood  
motivation

N

niceness  
nobility  
non-covetousness  
non-duality  
non-separateness  
non-violence  
nostalgia  
nurturance  
nurturing

O

obedience (to higher  
principles)  
objectivity  
obligations (fulfillment  
of)  
open-heartedness  
open-mindedness  
openness  
optimism  
order  
orderliness  
organization  
originality  
overcoming adversity (&  
impediments)

P

pacifism  
paradise  
passion  
patience  
patriotism  
peace  
peacefulness  
penitence  
pensiveness  
perseverance  
persistence  
personality  
perspective

persuasion  
philanthropy  
piety  
pity  
planning  
play  
playfulness  
pleasure  
pluralism  
politeness  
positive bias  
potency  
potential  
power (right use of)  
practice  
practicality  
pragmatism  
praise  
prayer  
prayerfulness  
precision  
principles  
privacy  
privilege  
potency  
probity  
problem-solving  
productivity  
professionalism  
profit  
promises  
propriety  
prosperity  
protection  
protest  
prudence  
punctuality  
purification  
purity  
purity of heart  
purpose  
purposeful work  
purposefulness

Q

quality evaluation  
quality improvement

quest

R

radiance  
rapture  
rationality  
realism  
reality  
realization  
reason  
rebirth  
receptivity  
reciprocity  
reconciliation  
rectitude  
redemption  
refinement  
reflection  
relaxation  
release  
reliability  
religiosity  
remembering  
remembrance  
remorse  
renunciation  
repentance  
reputation  
research  
resilience  
resisting temptations  
resolution  
respect  
respectability  
respectfulness  
responsibility  
restraint  
reverence  
right action  
right concentration  
right effort  
right intention  
right livelihood  
right mindfulness  
right speech  
right view (Buddha's  
Noble Eightfold Path)

right use of power  
right use of will  
righteousness  
rights (respect for)  
risk taking  
rituals  
romance  
roots

S

sacredness  
sacrifice  
sadness  
salvation  
sanity  
satiety  
satisfaction  
secrecy (proper use)  
security  
seeing  
self-awareness  
self-centeredness  
self-confidence  
self-control  
self-discipline  
self-esteem  
self-examination  
self-expression  
self-improvement  
self-possession  
self-regulation  
self-reliance  
self-respect  
self-restraint  
self-righteousness  
self-trust  
sense of purpose  
sensibility  
sensitivity  
sensory pleasure  
sensuality  
sentimentality  
serendipity  
serenity  
service  
sharing  
shyness

silence  
simplicity  
sincerity  
skepticism  
skill  
smartness  
sobriety  
social intelligence  
social responsibility  
solidarity  
solitude  
soul evolution  
soulfulness  
spirit  
spiritual insight  
spirituality  
sportsmanship  
steadfastness  
stick-to-it-iveness  
straightforwardness  
strength  
stress ("good")  
study  
success  
succor  
suffering (with  
understanding)  
support of others  
surrender  
sweet-tempered  
sympathy  
synergy

T

tact  
tactfulness  
talent  
taste  
teaching others  
team-spirit  
teamwork  
temperance  
tenacity  
tenderness  
thankfulness  
thoroughness  
thoughtfulness

thrift  
time  
tithing  
tolerance  
tradition (respect for  
& maintenance of)  
training  
tranquility  
transcendence  
transcendental wisdom  
transformation  
transition  
trust  
trustfulness  
trustworthiness  
truth  
truthfulness

U  
unconditional love  
understanding  
unity  
universality  
unselfishness

V  
valor  
values  
verbal acuity  
victory  
vigor  
virility  
virtue  
vision  
vitality  
vulnerability

W  
wealth  
wholesomeness  
will (proper use of)  
wisdom  
wonder  
work  
workmanship  
worship  
worth

Y  
yes!-ing  
youthfulness

Z  
zealousness  
zest

# The Master List of Vices

Note that any of these vices can, under certain circumstances, be neutral or even positive virtues. These are words used to describe behaviors and actions which tend NOT produce harmony, good, happiness, or *eudaimonia*, but rather their opposites.

## A

abuse  
addictions  
adultery  
adversity  
aggression  
agitation  
alcoholism  
alienation  
aloofness  
ambition  
anarchy  
anger  
angst  
animosity  
anxiety  
apathy  
approval-seeking  
arrogance  
attachment  
avarice  
awkwardness

## B

baseness  
bigotry  
blame  
blasphemy  
boastfulness  
boredom  
brutality  
burnout

## C

calculation  
callousness  
calumniation  
capriciousness

celebrity  
ensoriousness  
chaos  
chauvinism  
complacency  
complaining  
compromise  
conceit  
condescension  
conflict  
conformity  
confusion  
conniving  
contempt  
contradiction  
control  
corruption  
cowardice  
criticism  
cruelty  
cunning  
cursing  
cynicism

## D

death  
debasement  
deceit  
deception  
definition  
delusion  
denial  
dependency  
depression  
derision  
desecration  
desire for fame  
desolation

## despair

destitution  
detachment  
deviance  
disappointment  
discord  
disrespect  
dissatisfaction  
dogmatism  
dominance  
doubt  
drudgery  
dysfunctionality

## E

eagerness for power  
eccentricity  
effrontery  
egoism  
egotism  
elitism  
embarrassment  
emptiness  
enmity  
enviousness  
envy  
escapism  
evil  
exaggeration  
excessiveness  
exclusion  
expectations  
exploitation  
extravagance  
extremism

## F

failure

faithlessness  
falseness  
fame (seeking  
after)  
fantasy  
fashion  
fatalism  
faults  
fear  
fight  
fixations  
folly  
forgetfulness  
frailty  
fundamentalism  
furtiveness  
futility

## G

gambling  
garrulity  
gaudiness  
glamour  
gloominess  
gluttony  
gossip  
greed  
grief  
grudges (holding  
on to)  
grumpiness  
guilt

## H

hard-heartedness  
hate  
hatred  
haughtiness  
hell  
heresy  
high-handedness  
hoarding  
hostility  
humiliation  
hurt  
hyperbole  
hypocrisy

hysteria

## I

ignorance  
illusion  
imitation  
impatience  
imperfection  
imperiousness  
imposture  
impudence  
inattentiveness  
indecenty  
indecision  
indifference  
indigence  
individualism  
ingratitude  
inhibitions  
insanity  
insatiability  
insecurity  
insidiousness  
insult  
intolerance  
intimidation  
intransigence  
irony  
irrationality  
irresponsibility  
irritation  
isolation

## J

jealousy  
judgmental  
justification

## K

know-it-all

## L

laziness  
lecherousness  
lethargy  
licentiousness  
lies

loneliness

loss

lust

luxury

lying

## M

machismo  
madness  
maliciousness  
malignancy  
manipulation  
masochism  
materialism  
meanness  
mediocrity  
meekness  
melancholy  
mercilessness  
misery  
miserliness  
mistakes  
money (focus on)  
moodiness

## N

naiveté  
narcissism  
narrow-mindedness  
nastiness  
neediness  
negativity  
neurosis  
nihilism

## O

obedience (without  
question)  
obsession  
obstinacy  
opportunism  
oppression  
ostentatiousness  
over-consumption  
over-identification

P  
pacifism (in the  
face of the re-  
quirement to act)  
pain  
panic  
passion  
patronizing  
pensiveness  
penury  
persuasion  
perversion  
pessimism  
pettiness  
pomposity  
poverty  
power  
prejudice  
presumption  
pretense  
pretentiousness  
pride  
privilege  
problems  
procrastination  
prodigality  
profit-as-sole-value  
profligacy  
promiscuity  
promises un-kept  
punishment

Q  
quarrelsomeness

R  
racism  
rage  
rape  
rapaciousness  
rapacity  
rashness  
recklessness  
regret  
rejection  
remorse

resentment  
resignation  
revenge  
rudeness  
righteousness  
ridicule  
righteousness  
rigidity  
risk-aversion  
romantic fantasy  
rudeness  
rumor spreading  
ruthlessness

S  
sacrifice  
sadism  
sadness  
sarcasm  
scandal mongering  
secrecy  
seduction  
self-centeredness  
self-denial  
self-destructiveness  
self-doubt  
self-hatred  
selfishness  
self-pity  
self-righteousness  
sensationalism  
separateness  
separation  
sexual lust  
shame  
shamelessness  
shyness  
sin  
skepticism  
sloth  
snobbery  
sorrow  
spendthriftness  
spite  
spoiling  
stagnation

stinginess  
stress  
stubbornness  
stupidity  
suffering  
superficiality  
superiority  
suspicion

T  
taboos  
temper tantrums  
terror  
theft  
timidity  
torment  
torture  
tragedy  
treason  
tyranny

U  
ugliness  
unkindness  
unreason  
unruliness  
unyielding

V  
vanity  
venality  
verbosity  
vices  
vindictiveness  
violence  
vulnerability

W  
wastrelness  
weakness  
worry  
wrath

Z  
zealotry

# The Master List of Values

(These are not necessarily virtues, but the concept of values is closely linked to virtues. This list is Copyright © by Values Technology, Inc. VTI's ValuesID software helps make values explicit. Using the well-researched and independently validated values measurement instrument based on Hall-Tonna Values Theory, organizations can understand the collective values of employees, leadership and the organization. The unique values framework that Brian Hall developed (starting in the early 1970s) anchors the company. This framework was validated in the mid 1980s while Dr. Brian Hall was at Santa Clara University. It has been Brian Hall's vision to bring meaning to people and institutions globally. [www.valuestech.com](http://www.valuestech.com))

Abundance	Limitation/Celebration
Administration/Control	Loyalty/Fidelity
Authority/Honesty	Macroeconomics
Collaboration	Majesty
Communication/Info	Management
Community/Personalist	Membership/Institution
Community/Supportive	Minessence
Competition	Mission/Objectives
Complementarity	Mutual Accountability
Control/Order/Discipline	Mutual Obedience
Convivial Technology	Obedience/Duty
Corporation/New Order	Ownership
Courtesy/Hospitality	Patriotism/Esteem
Decision/Initiation	Pioneerism/Innovation
Design/Pattern/Order	Prestige/Image
Detachment/Solitude	Property/Control
Dexterity/Co-ordination	Prophet/Vision
Duty/Obligation	Quality/Evaluation
Economics/Profit	Radiance
Economics/Success	Reason
Education/Certification	Relaxation
Education/Knowledge	Research
Efficiency/Planning	Rights/Respect
Endurance/Patience	Risk
Equilibrium	Ritual/Communication
Equity/Rights	Rule/Accountability
Expressiveness/Joy	Search/Meaning/Hope
Friendship/Belonging	Self Assertion
Generosity/Compassion	Sensory Pleasure
Global Justice	Sharing/Listening/Trust
Grace	Simplicity/Play
Growth/Expansion	Social Affirmation
Health/Healing	Support/Peer
Hierarchy/Order	Synergy
Human Rights	Technology/Science
Individualism	Territory/Security
Interdependence	Tradition
Justice/Social Order	Transcendence/Solitude
Law/Guide	Unity/Diversity
Law/Rule	Unity/Uniformity
Leisure	Wonder/Curiosity
Limitation/Acceptance	Workmanship/Art/Craft

# The VIA Classification of Character Strengths

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<http://www.viacharacter.org/Classification/Classification/tabid/238/Default.aspx>

1. **Wisdom and Knowledge** – Cognitive strengths that entail the acquisition and use of knowledge
  - **Creativity** [originality, ingenuity]: Thinking of novel and productive ways to conceptualize and do things; includes artistic achievement but is not limited to it
  - **Curiosity** [interest, novelty-seeking, openness to experience]: Taking an interest in ongoing experience for its own sake; finding subjects and topics fascinating; exploring and discovering
  - **Judgment & Open-Mindedness** [critical thinking]: Thinking things through and examining them from all sides; not jumping to conclusions; being able to change one's mind in light of evidence; weighing all evidence fairly
  - **Love of Learning**: Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally; obviously related to the strength of curiosity but goes beyond it to describe the tendency to add systematically to what one knows
  - **Perspective** [wisdom]: Being able to provide wise counsel to others; having ways of looking at the world that make sense to oneself and to other people
  -
2. **Courage** – Emotional strengths that involve the exercise of will to accomplish goals in the face of opposition, external or internal
  - **Bravery** [valor]: Not shrinking from threat, challenge, difficulty, or pain; speaking up for what is right even if there is opposition; acting on convictions even if unpopular; includes physical bravery but is not limited to it
  - **Perseverance** [persistence, industriousness]: Finishing what one starts; persisting in a course of action in spite of obstacles; “getting it out the door”; taking pleasure in completing tasks
  - **Honesty** [authenticity, integrity]: Speaking the truth but more broadly presenting oneself in a genuine way and acting in a sincere way; being without pretense; taking responsibility for one's feelings and actions
  - **Zest** [vitality, enthusiasm, vigor, energy]: Approaching life with excitement and energy; not doing things halfway or halfheartedly; living life as an adventure; feeling alive and activated
  -
3. **Humanity** - Interpersonal strengths that involve tending and befriending others
  - **Capacity to Love and Be Loved**: Valuing close relations with others, in particular those in which sharing and caring are reciprocated; being close to people

- **Kindness** [generosity, nurturance, care, compassion, altruistic love, "niceness"]: Doing favors and good deeds for others; helping them; taking care of them
- **Social Intelligence** [emotional intelligence, personal intelligence]: Being aware of the motives and feelings of other people and oneself; knowing what to do to fit into different social situations; knowing what makes other people tick
- 
- 4. **Justice** - Civic strengths that underlie healthy community life
  - **Teamwork** [citizenship, social responsibility, loyalty]: Working well as a member of a group or team; being loyal to the group; doing one's share
  - **Fairness**: Treating all people the same according to notions of fairness and justice; not letting personal feelings bias decisions about others; giving everyone a fair chance.
  - **Leadership**: Encouraging a group of which one is a member to get things done and at the time maintain time good relations within the group; organizing group activities and seeing that they happen.
  -
- 5. **Temperance** – Strengths that protect against excess
  - **Forgiveness & Mercy**: Forgiving those who have done wrong; accepting the shortcomings of others; giving people a second chance; not being vengeful
  - **Modesty & Humility**: Letting one's accomplishments speak for themselves; not regarding oneself as more special than one is
  - **Prudence**: Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted
  - **Self-Regulation** [self-control]: Regulating what one feels and does; being disciplined; controlling one's appetites and emotions
  -
- 6. **Transcendence** - Strengths that forge connections to the larger universe and provide meaning
  - **Appreciation of Beauty and Excellence** [awe, wonder, elevation]: Noticing and appreciating beauty, excellence, and/or skilled performance in various domains of life, from nature to art to mathematics to science to everyday experience
  - **Gratitude**: Being aware of and thankful for the good things that happen; taking time to express thanks
  - **Hope** [optimism, future-mindedness, future orientation]: Expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about
  - **Humor** [playfulness]: Liking to laugh and tease; bringing smiles to other people; seeing the light side; making (not necessarily telling) jokes
  - **Religiousness & Spirituality** [faith, purpose]: Having coherent beliefs about the higher purpose and meaning of the universe; knowing where one fits within the larger scheme; having beliefs about the meaning of life that shape conduct and provide comfort

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# Sources and Resources

Wikipedia, the free encyclopedia: [www.Wikipedia.com](http://www.Wikipedia.com); see Virtue and Vice

Wisdom Commons: [www.wisdomcommons.org](http://www.wisdomcommons.org)

Mapping Thinking: [www.mappingthinking.com](http://www.mappingthinking.com)

Hall-Tonna Values Map: [www.valuestech.com](http://www.valuestech.com), [www.ksg.com](http://www.ksg.com).

Humanity Quest Values: [www.humanityquest.com](http://www.humanityquest.com)

Virtues Project International: [www.virtuesproject.com](http://www.virtuesproject.com)

Virtue Science: [www.virtuescience.com](http://www.virtuescience.com)

VIA Classification of Character Strengths: [www.viacharacter.org](http://www.viacharacter.org)

The RIGHT Way by Dr. Mark Schillinger: [www.YMUW.org](http://www.YMUW.org)