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: lion@everydayawakening.com. Consider this a community resource. Share it freely, modify it freely. See the Creative Commons License information on the last page.

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
ability
abundance
acceptance
accountability
accuracy
achievement
acknowledgement
acting on convictions
activism
adaptability
adoration
adventure
advice
affection
aging gracefully
allowing
altruism
amazement
ambition
anger at injustice
anticipation
apology
appeasement
appreciation
appreciation of beauty
appreciation of excellence
approbation
appropriate knowledge
appropriate conduct
approval
art
assertiveness
assumptions
atonement
attention
attitude
austerity
authenticity
authority
autonomy
awareness

awe
B
balance
beauty
being true to oneself
belief
benevolence
benignity
bliss
bravery

C
candor
capacity to love
capacity to be loved
care
caring
caution
celebration
celibacy
certainty
challenge
change
chaos
character
charity
charm
chastity
cheerfulness
chivalry
choice
citizenship
civility
clarity
class
cleanliness
coincidence
collaboration
commitment
communication
communion
community

companionship
compassion
completeness
composure
comprehension
compromise
concentration
confession
confidence
congruence
conscience
consciousness
consecration
conservatism
consideration
consistency
contemplation
contentment
contribution
control
conviction
cooperation
cooperativeness
correctness
courtesy
courage
courtesy
calculable
credibility
critical thinking
culture
curiosity

d
death (acceptance of)
decency
dedication
deliberation
delight
dependability
desire
destiny
detachment
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investment
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
minenessence (organizing into higher order systems)
mistakes (allowing for)
moderation

modesty
morality
motherhood
motivation

N
niceness
nobility
non-covetousness
non-duality
non-separateness
non-violence
nostalgia
nurture
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
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
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
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
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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.

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

G
gambling
garrulity gaudiness glamour gloominess glutony 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 indecency 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
pacifism (in the face of the requirement 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
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)

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

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Wisdom Commons: www.wisdomcommons.org

Mapping Thinking: www.mappingthinking.com


Humanity Quest Values: www.humanityquest.com

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The RIGHT Way by Dr. Mark Schillinger: www.YMUW.org