# Virtues List

Virtues are the essence of our character, and character does indeed determine destiny.  The more we recognize the potential impact that [practicing virtues](http://www.virtuesforlife.com/category/practice-a-virtue/) can have on our lives, the more our lives open up to new possibilities and to greater joy and fulfillment.

| **The Virtues** |
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| **Virtue** | **Definition(Merriam-Webster)** | **Complements** | **Transcends** |
| Acceptance | **Noun:** the act of accepting something or someone | Contentment, Forgiveness | Rejection |
| Assertiveness | **Adjective:** disposed to or   characterized by bold or confident statements and behavior | Confidence,Courage | Self-doubt,Shyness |
| Authenticity | **Adjective:** true to one’s personality, spirit, or character | Honesty,Integrity | Low self-esteem |
| Beauty | **Noun:** the qualities in a person or a thing that give pleasure to the senses or the mind | Joyfulness,Peace | Ugliness |
| Caring | **Verb:** feeling or showing concern for other people | Compassion,Kindness | Cruelty,Insensitivity |
| Cleanliness | **Noun:** the practice of keeping yourself and your surroundings clean | Orderliness,Purity | Dirtiness |
| Commitment | **Noun:** An agreement or pledge to do something in the   future | Loyalty,Perseverance | Lack of Direction |
| Compassion | **Noun:** sympathetic consciousness of others’ distress   , together with a desire to alleviate it | Caring,Understanding | Grief,Judgment |
| Confidence | **Noun:** a feeling or belief that you can do something well or succeed at   something | Assertiveness,Courage | Self-doubt, Uncertainty |
| Consideration | **Noun:** the act of thinking carefully about something you will decide about | Caring,Compassion | Selfishness |
| Contentment | **Noun:** the state of being happy and satisfied | Fulfillment,Joy | Dissatisfaction, Restlessness |
| Cooperation | **Noun:** a situation in which people work together to do something | Teamwork,Unity | Defiance |
| Courage | **Noun:** mental or moral strength to venture,   persevere, and withstand danger, fear, or difficulty | Boldness,Confidence | Fear, Self-doubt |
| Creativity | **Noun:** the ability to make new things or think of new ideas | Joy,Purposefulness | Ordinary |
| Detachment | **Noun:** lack of emotion or personal interest | Faith,Freedom | Control |
| Determination | **Noun:** a quality that makes you continue trying to do or achieve something difficult | Commitment, Tenaciousness | Complacency |
| Dignity | **Noun:** a way of appearing or behaving that suggests seriousness and self-control | Honor,Respect | Egoism,Selfishness |
| Encouragement | **Noun**: something that makes someone more determined, hopeful, or confident |  |  |
| Enthusiasm | **Noun:** strong excitement about something**:** a strong feeling of active interest in   something that you like or enjoy | Energy,Motivation | Boredom,Indifference |
| Ethical | **Adjective:** following accepted rules of behavior**:** morally right and good | Fairness,Respect | Immorality |
| Excellence | **Noun:** extremely high quality | Dignity, Honor,Integrity, Respect | Mediocrity |
| Fairness | **Adjective:** treating people in a way that does not favor some over others | Equality, Justice | Grievance,Injustice |
| Faith | **Noun:** strong belief or trust in someone or something | Confidence,Hope, Trust | Apprehension,Doubt |
| Flexibility | **Adjective:** willing to change or to try different things | Detachment, Understanding | Stubbornness |
| [Forgiveness](http://www.virtuesforlife.com/forgiveness) | **Noun:** the act of forgiving someone or something | Freedom,Peace | Anger,Bitterness |
| Friendliness | **Adjective:** acting like a friend**:** kind and helpful | Kindness,Tact | Shyness |
| Generosity | **Noun****:** the quality of being kind, understanding, and not selfish**:** the quality of being generous | Kindness,Service | Stinginess,Self-centeredness |
| Gentleness | **Adjective****:** having or showing a kind and quiet nature**:** not harsh or violent | Patience,Peace | Aggression |
| Graciousness | **Noun:** very polite in a way that shows respect | Dignity,Tact | Disrespect,Rudeness |
| Gratitude | **Noun****:** a feeling of appreciation or thanks | Hope,Joy, Peace | Disappointment,Pain |
| Harmonious | **Adjective:** having parts that are related or combined in a pleasing way | Unity | Hostility |
| Helpfulness | **Adjective****:** making it easier to do a job, deal with a problem, etc.**:** giving help | Graciousness,Service | Negativity |
| Honesty | **Noun****:** the quality of being fair and truthful | Integrity,Truthfulness | Deceitfulness |
| Honor | **Noun:** respect is given to someone who is admired | Dignity,Respect | Shame |
| [Hope](http://www.virtuesforlife.com/hope) | **Verb:** to want something to happen or be true and think that it could happen or be true | Faith,Joy, Trust | Despair,Frustration |
| Humility | **Noun****:** the quality or state of not thinking you are better than other people | Modesty | Arrogance,Pride |
| Idealism | **Noun****:** the attitude of a person who believes that it is possible to live according to very high standards of behavior and honesty | Confidence,Hope | Cynicism,Pessimism |
| Integrity | **Noun****:** the quality of being honest and fair | Honesty,Trust | Corruption,Deceitfulness |
| Imaginative | **Adjective****:** having or showing an ability to think of new and interesting ideas**:** having or showing imagination | Creativity | Ordinary,Rationalism |
| Joyfulness | **Adjective****:** feeling, causing, or showing great happiness**:** full of joy | Hope,Peace, Love | Discontent,Suffering |
| Justice | **Noun****:** the process or result of using laws to fairly judge and punish crimes and criminals | Fairness,Integrity | Discrimination |
| Kindness | **Noun**:: the quality or state of being kind: a kind act | Caring,Compassionate | Cruelty,Loneliness |
| [Love](http://www.virtuesforlife.com/love) | **Noun****:** a feeling of strong or constant affection for a person | Caring,Forgiveness, Unity | Fear |
| Loyalty | **Noun****:** the quality or state of being loyal | Honesty,Trust | Betrayal |
| Moderation | **Noun****:** the quality or state of being reasonable and avoiding behavior, speech, etc., that is extreme or that goes beyond what is normal or acceptable | Diligence,Responsibility | Obsessions,Overindulgence |
| Modesty | **Noun****:** the quality of not being too proud or confident about yourself or your   abilities | Humility | Self-importance |
| Optimistic | **Adjective****:** having or showing hope for the future**:** expecting good things to happen | Hope,Joyfulness | Pessimism |
| Orderliness | **Adjective****:** arranged or organized in a logical or regular way | Cleanliness,Purity | Chaos |
| Passionate | **Adjective****:** having, showing, or expressing strong emotions or beliefs | Enthusiasm,Purposefulness | Indifference |
| Patience | **Noun**: the ability to wait for a long time without becoming annoyed or upset | Determination,Peace | Frustration |
| Peace | **Noun**:a state of tranquility or quiet | Love,Serenity, Unity | Anger,Cruelty |
| [Perseverance](http://www.virtuesforlife.com/perseverance) | **Noun:** continued effort to do or achieve something   despite difficulties, failure, or opposition | Commitment,Determination,Resilience | Laziness |
| Preparedness | **Noun:** the quality or state of being prepared | Excellence,Orderliness | Complacency |
| Purposefulness | **Noun:** having a purpose, as in something set up as an object or end to be attained | Creativity,Commitment,Joyfulness | Boredom,Indifference |
| Reliability | **Noun:** the quality or state of being reliable | Integrity,Loyalty | Untrustworthiness |
| Respect | **Noun:** an act of giving particular attention | Dignity,Reverence | Inconsideration |
| Responsibility | **Noun:** the quality or state of being responsible, as in  moral, legal, or mental accountability | Courtesy,Tact, Trust | Selfishness |
| Reverence | **Noun**: honor or respect that is felt for or shown to (someone or something) | Respect, Worth | Hatred |
| Self-discipline | **Noun:** correction or regulation of oneself for the sake of improvement | Commitment,Determination | Chaos, Unruliness |
| Service | **Noun:** contribution to the welfare of others | Compassion,Generosity,Purposefulness | Lack of concern,Self-centeredness |
| Sincerity | **Noun:** the quality or state of being sincere**:** honesty of mind | Authentic | Disingenuousness |
| Tact | **Noun:** a keen sense of what to do or say to maintain good relations with others or avoid offense | Graciousness,Responsibilty | Clumsiness |
| Temperate | **Noun:** habitual moderation in the indulgence of the appetites or passions | Moderation | Excessiveness |
| Tenacious | **Adjective:** persistent in maintaining,   adhering to, or seeking something valued or desired | Discipline,Perseverance | Indecision |
| Thankfulness | **Adjective:** conscious of the benefit received | Gratitude,Thoughtfulness | Unappreciative |
| Tolerance | **Noun:** capacity to endure pain or hardship**:** sympathy or indulgence for beliefs or practices differing from or conflicting with one’s own | Patience,Tenacious | Narrow-mindedness |
| Trust | **Noun:** assured reliance on the character, ability,   strength, or truth of someone or something | Loyalty,Respect | Doubt,Skepticism |
| Truthfulness | **Adjective:** telling or disposed to tell the truth | Honesty,Faith, Trust | Corruption,Deceit |
| Understanding | **Noun:** an agreement of opinion or feeling**:** adjustment of   differences | Kindness,Tolerance | Egoism |
| Unity | **Noun:** the quality or state of being made one | Harmony,Love, Peace | Loneliness |
| Visionary | **Noun:** a thought, concept, or object formed by the imagination | Imagination,Leadership | Lack of Inspiration |
| Wisdom | **Noun:** accumulated philosophic or scientific learning**:** knowledge | Idealism,Visionary | Lack of Intelligence |
| Wonder | **Noun:** a feeling caused by seeing something that is very surprising, beautiful, amazing, etc. | Creativity,Imagination | Boredom |