# 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** | | | |
| --- | --- | --- | --- |
| **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 |