

Positive Judaism: The Classification of Traits and Strengths

Rabbi Darren Levine

Core Traits	Characteristics of the Six Core Traits
Wisdom/ Chochma	Cognitive strengths that support the acquiring and utilizing knowledge: perspective, curiosity, creativity, love of learning, and critical thinking
Courage/Ometz Lev	Emotional strengths that develop the willpower to achieve goals in the face of internal or external opposition: bravery, perseverance, honesty, resilience
Humanity/ Enoshiut	Interpersonal strengths that develop authentic human connections and friendship: love, kindness, social intelligence
Justice/Tzedek	Civic strengths that support connections to community: teamwork, fairness, leadership
Temperance/ Rogah	Relational strengths that develop sufficiency and wholeness: forgiveness, humility, prudence, self regulation (from l'hargia)
Transcendence/ Emunah	Metaphysical strengths that develop existential meaning: appreciation of beauty, gratitude, hope, humor, spirituality

1. Wisdom	Expanding on the core characteristics of Wisdom
Creativity/Yetzirah	Thinking of novel ways to conceptualize and do things. Being original and having ingenuity.
Curiosity/Sakranut	Having interest and the desire to explore and discover new topics. Being open to new experience.
Judgement/Din	Able to be discerning and shift thinking and redirect in light of new information. Being a critical thinker.
Love of Learning/ Torah Lishma	Desire to master new skills and knowledge through formal and informal education. Being driven to gain knowledge.
Perspective/Da'at	Having a broad mindset and the ability to provide wise counsel to others and self.

2. Courage	Expanding on the core characteristics of Courage
Bravery/Gevurah	Able to face physical and non-physical threat, difficulty, or pain, and to act on convictions even when unpopular.
Perseverance/ Malacha	Able to complete the task and to persist in the face of obstacles. Being persistent and industrious.
Honesty/Emet/ T'mimah	Speaking truth and having real integrity and being able to take responsibility for one's actions, feelings, and affect on others.
Resilience/Koach	Despite the situation, able to remain active, energetic, focused, and flexible. Able to bounce back.

3. Humility	Expanding on the core characteristics of Humanity
Love/Ahavah	Valuing caring and reciprocal relationships. Able to share and to be in genuine relationship with others.
Kindness/Chesed	Able to be compassionate, nurturing, caring, and generous with others. Able to do good deeds altruistically.
Social Intelligence/ Chochma Chevratit	The capability to effectively navigate and negotiate complex social relationships and environments. Having common sense.

4. Justice	Expanding on the core characteristics of Justice
Teamwork/Avodat Tzevet	Able to participate and be loyal to a group. Being socially responsible and being a good citizen.
Fairness/Yosher	Without bias, able to treat and support people the same and to give everyone an equal chance.
Leadership/ Manhigut	Supporting a group to accomplish tasks all the while maintaining good relations with and among the group members.

5. Temperance	Expanding on the core characteristics of Temperance
Forgiveness/ T'shuvah	Able to give up requital of wrongdoing and to forgive wrongdoing and move from the need for vengeance.
Humility/Anavah	Being free from pride or arrogance and not regarding oneself as more better than other people.
Prudence/Sechel	Able to show good judgement and caution and avoid undue risks
Contentment/ Sameach B'chelko	Having self-control and disciplining and controlling appetites, emotions, and desire.

6. Transcendence	Expanding on the core characteristics of Transcendence
Appreciation of Beauty/ Yirah	Able to recognize beauty in nature, art, science, humanity, and excellence, in the profound and the mundane.
Gratitude/ Hakarat Hatov	Having the ability to thankful and to be aware of the good and taking time to express appreciation.
Hope/Tikvah	Believing that good will come for self and others. Having an optimistic mindset.
Humor/Simcha	Able to bring lightheartedness, laughter, and smiles to self and to others through jokes, teasing, and play.
Spirituality/Ruchniut	Having faith in a higher purpose and expressing connection and interest to the unknowable and unseen.

