

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](#) can have on our lives, the more our lives open up to new possibilities and to greater joy and fulfillment.

[List of Virtues](#)¹:

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 own 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	Orderliness, Purity	Dirtiness

¹ See "[Virtues For Life](#)"

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	: the practice of keeping yourself and your surroundings clean		
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
Consciousness			
Consideration	Noun : the act of thinking carefully about something you will make a decision 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

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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 of personal interest	Faith, Freedom	Control
Determination	Noun : a quality that makes you continue trying to do or achieve something that is 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	Energy, Motivation	Boredom, Indifference

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	strong feeling of active interest in something that you like or enjoy		
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	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

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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 that is given to someone who is admired	Dignity, Respect	Shame
Hope	Verb : to want something to happen or be true and	Faith, Joy, Trust	Despair, Frustration

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	think that it could happen or be true		
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

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Kindness	Noun: : the quality or state of being kind : a kind act	Caring, Compassionate	Cruelty, Loneliness
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	Cleanliness, Purity	Chaos

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	: arranged or organized in a logical or regular way		
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	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

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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 in order to maintain good relations with others or avoid offense	Graciousness, Responsibility	Clumsiness
Temperate	Noun	Moderation	Excessiveness

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	: habitual moderation in the indulgence of the appetites or passions		
Tenacious	Adjective : persistent in maintaining, adhering to, or seeking something valued or desired	Discipline, Perseverance	Indecision
Thankfulness	Adjective : conscious of 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	Kindness, Tolerance	Egoism

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	: adjustment of differences		
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