

16 Qualities That Foster Success and Happiness

- **Ability to love** the ability to feel, express, and receive love, affection, warmth, and compassion and to act in a giving way
- **Vocation** the ability to feel interest and excitement in something and to turn this into your life's work
- **Courage** the ability to take risks and challenge yourself
- **Trust** confidence in other people and their motives
- **Optimism** hope that things will turn out for the best
- **Future-mindedness** a focus on the possibilities of the future, rather than on the mistakes or disappointments of the past
- **Social skill** the ability to understand others, get along with others, and build fulfilling relationships
- **Aesthetic sensibility** the ability to appreciate and delight in the beauty of art, music, and nature
- **Work ethic** commitment to honoring obligations, being dependable and responsible, getting things done, and being productive
- **Honesty** thinking, speaking, and acting in a forthright way with yourself and others
- **Emotional awareness** the ability to experience and express a wide range of emotions
- **Persistence** the ability to persevere in the face of setbacks and adversity, to keep on track toward goals, and to handle stress
- **Forgiveness** generosity of spirit, and the ability to avoid grudges and blame
- **Creative thinking** the willingness to consider new opinions, beliefs, and points of view and to try out new ways of thinking and doing
- **Spirituality** the search for a greater good, purpose, or meaning to human existence
- **Self-esteem** a positive feeling of your own value, which includes self-respect as well as respect for the rights, feelings, and wishes of others
- **Wisdom** the ability to use your knowledge and experience to make sound decisions