



With help from **Dr. Neal Mayerson**, who created a non-profit organization to provide funds for the project; Seligman and Peterson called for a group of notable scholars who, in the course of three years, conducted a literature revision about the philosophy and psychology of character. They analyzed different lists of strengths written at different times, from Carlomagno to Benjamin Franklin, and even Boy Scouts manual. They searched for the human qualities that were considered as admirable or desirable in different cultures throughout history.

To be considered candidate for this list, personal traits must be:

- ⦿ Valued in all cultures.
- ⦿ Considered important by themselves, not as means for other purposes.
- ⦿ They are moldable; they can be developed and nurtured.

There are other requirements to ensure paragons for comparison that exemplify those strengths. For example, if you must mention a person who represents kindness and generosity, who comes to your mind?