

Love of Learning

Associated character strengths of Love of Learning

I. Curiosity

II. Open-mindedness

III. Perspective

Brief Explanations

- **Love of Learning** can be specific to one or two topics or skills of your choice, or be broad and touch on a wide variety of subject matters.
- **Love of Learning** is primarily generated by a strong intrinsic motivation for learning (i.e. the joy of learning and the sense of accomplishment and mastery that can be the result of tireless and sustained learning and practice)
- Note that learning is definitely **not** limited to learning from books. In fact, learning is probably most meaningful in terms of what a person can do with what has been learned.

If LOVE of LEARNING is your strength, you would resonate with some of the following statements...

- I don't have the skill to do this thing now, but I think I will be able to do it in the future
- I love learning, almost just for its own sake.
- Learning is a positive experience
- I know if I put my mind to it, I can figure out how to do [INSERT the skill or topic of choice] very well.
- I know a lot about [a specific area of knowledge or skill]
- I spend as much time doing (hobby or activity of choice) as possible, even if it brings challenges and frustrations.

Ways to cultivate and strengthen LOVE of LEARNING

- Regularly choose to learn something you want to learn just for its own sake.
- Make no special goals about the things you want to learn. Stop when you want, continue when you want.
- Learn something without telling anyone about it. Keep it for yourself until your love for it is well developed and obvious.

- Spend time with people who love to learn a wide variety of subject matters. Ask them how their learnings have changed them.
- Spend time with people who is hugely passionate about a specific topic. Ask them to talk about that topic and demonstrate whatever can be demonstrated.
- Read the writings of those who seem to be able to connect knowledge from different areas of life in a meaningful and inspiring way.

Source: Character Strengths & Virtues, by Christopher Peterson & Martin Seligman

Created & Edited by H.D. Lee