

The VIA Classification of 24 Character Strengths

Wisdom

CREATIVITY

- Clever
- Original & Adaptive
- Problem Solver

CURIOSITY

- Interested
- Explores new things
- Open to new ideas

JUDGMENT

- Critical thinker
- Thinks things thorough
- Open-minded

LOVE OF LEARNING

- Masters new skills & topics
- Systematically adds to knowledge

PERSPECTIVE

- Wise
- Provides wise counsel
- Takes the big picture view

Courage

BRAVERY

- Shows valor
- Doesn't shrink from fear
- Speaks up for what's right

PERSEVERANCE

- Persistent
- Industrious
- Finishes what one starts

HONESTY

- Authentic
- Trustworthy
- Sincere

ZEST

- Enthusiastic
- Energetic
- Doesn't do things half-heartedly.

Humanity

LOVE

- Warm and genuine
- Values close relationships

KINDNESS

- Generous
- Nurturing
- Caring
- Compassionate
- Altruistic

SOCIAL INTELLIGENCE

- Aware of the motives and feelings of self/others
- Knows what makes others tick

Justice

TEAMWORK

- Team player
- Socially responsible
- Loyal

FAIRNESS

- Just
- Doesn't let feelings bias decisions about others

LEADERSHIP

- Organizes group activities
- Encourages a group to get things done

Temperance

FORGIVENESS

- Merciful
- Accepts others' shortcomings
- Gives people a second chance

HUMILITY

- Modest
- Lets one's accomplishments speak for themselves

PRUDENCE

- Careful
- Cautious
- Doesn't take undue risks

SELF-REGULATION

- Self-controlled
- Disciplined
- Manages impulses and emotions

Transcendence

APPRECIATION OF BEAUTY & EXCELLENCE

- Feels awe and wonder in beauty
- Inspired by goodness of others

GRATITUDE

- Thankful for the good
- Expresses thanks
- Feels blessed

HOPE

- Optimistic
- Future-minded
- Future Orientated

HUMOR

- Playful
- Brings smiles to others
- Lighthearted

SPIRITUALITY

- Searches for meaning
- Feels a sense of purpose
- Senses a relationship with the sacred

