

# VIA Classification of Character Strengths and Virtues

## The Character Strengths of a Flourishing Life

### WISDOM

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#### Creativity

Originality; adaptive; ingenuity

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#### Curiosity

Interest; novelty-seeking; exploration; openness to experience

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#### Judgment

Critical thinking; thinking things through; open-minded

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#### Love of Learning

Mastering new skills & topics; systematically adding to knowledge

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#### Perspective

Wisdom; providing wise counsel; taking the big picture view

### COURAGE

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#### Bravery

Valor; not shrinking from fear; speaking up for what's right

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#### Perseverance

Persistence; industry; finishing what one starts

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#### Honesty

Authenticity; integrity

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#### Zest

Vitality; enthusiasm; vigor; energy; feeling alive and activated

### HUMANITY

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#### Love

Both loving and being loved; valuing close relations with others

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#### Kindness

Generosity; nurturance; care; compassion; altruism; "niceness"

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#### Social Intelligence

Emotional intelligence; aware of the motives/feelings of self/others; knowing what makes other people tick

### JUSTICE

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#### Teamwork

Citizenship; social responsibility; loyalty

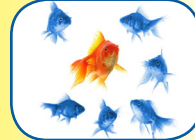
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#### Fairness

Just; not letting feelings bias decisions about others

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#### Leadership

Organizing group activities; encouraging a group to get things done

### TEMPERANCE

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#### Forgiveness

Mercy; accepting others' shortcomings; giving people a second chance

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#### Humility

Modesty; letting one's accomplishments speak for themselves

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#### Prudence

Careful; cautious; not taking undue risks

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#### Self-Regulation

Self-control; disciplined; managing impulses & emotions

### TRANSCENDENCE

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#### Appreciation of Beauty and Excellence

Awe; wonder; elevation

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#### Gratitude

Thankful for the good; expressing thanks; feeling blessed

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#### Hope

Optimism; future-mindedness; future orientation

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#### Humor

Playfulness; bringing smiles to others; lighthearted

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#### Spirituality

Religiousness; faith; purpose; meaning



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