

VIA Character Strengths

A toolkit for identifying and enhancing the positive.
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transcendence

Appreciation of Beauty & Excellence



Appreciating beauty, excellence, and/or skilled performance in various domains of life

temperance

Forgiveness & Mercy



Forgiving those who have done wrong; accepting the shortcomings of others; giving people a second chance; not being vengeful

humanity

Love



Valuing close relations with others, in particular those in which sharing and caring are reciprocated

justice

Teamwork



Working well as a member of a group or team; being loyal to the group

courage

Bravery



Not shrinking from threat, challenge, difficulty or pain; acting on convictions even if unpopular

wisdom

Creativity



Thinking of novel and productive ways to conceptualize and do things

Spirituality



Having coherent beliefs about the higher purpose, the meaning of life and the meaning of the universe

Humility & Modesty



Letting one's accomplishments speak for themselves; not seeking the spotlight; not viewing oneself as special

Kindness



Being kind and generous to others; enjoying doing good deeds for others

Fairness



Treating all people the same according to notions of fairness and justice; not letting personal feelings bias decisions about others

Perseverance



Finishing what one starts; persisting in a course of action in spite of obstacles

Curiosity



Having a desire to explore new ideas, activities and experiences

Gratitude



Being aware of and thankful for the good things that happen; taking time to express thanks

Prudence



Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted

Social Intelligence



Being aware of the motives and feelings of other people and oneself; fitting in well in social situations

Leadership



Encouraging a group of which one is a member to get things done; maintaining positive relationships within the group

Honesty



Speaking the truth; living genuinely and authentically

Judgement



Being open-minded, thinking things through and examining them from all sides; weighing all evidence fairly

Hope



Expecting the best in the future and working to achieve it

Self-regulation



Regulating what one feels and does; being disciplined; controlling one's appetites and emotions

Humour



Liking to laugh and tease; bringing smiles to other people; seeing the light side

Zest



Approaching life with excitement and energy; feeling alive and activated

Perspective



Being able to provide wise counsel to others; having ways of looking at the world that makes sense to oneself and to others

Love of Learning



Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally

