

VIA Character Strengths

Creativity	originality, adaptive, ingenuity, seeing and doing things in different ways
Curiosity	Interest, novelty-seeking, exploration, openness to experience
Judgement	Critical thinking, thinking through all sides, open-mindedness
Love of Learning	Mastering new skills & topics, systematically adding to knowledge
Perspective	Wisdom, providing wise counsel, taking the big picture view
Bravery	Valour, not shrinking from threat or challenge, facing fears, speaking up for what's right
Perseverance	Persistence, industry, finishing what you start, overcoming obstacles
Honesty	Authenticity, integrity, being true to yourself
Zest	Vitality, enthusiasm, vigour, energy, feeling alive, not doing things half-heartedly
Love	Both loving and being loved, valuing close relations with others, genuine warmth
Kindness	Generosity, nurturance, care & compassion, altruism, doing for others
Social Intelligence	Emotional intelligence, aware of the motives/feelings of self/others, knowing what makes other people tick
Teamwork	Citizenship, social responsibility, loyalty, contributing to a group effort
Fairness	Just, not letting feelings bias decisions about others
Leadership	Organising group activities, positively influencing others
Forgiveness	Mercy, accepting others' shortcomings, giving people a second chance
Humility	Modesty, letting one's accomplishments speak for themselves
Prudence	Careful about one's choices, cautious, not taking undue risks
Self-Regulation	Self-control, disciplined, managing impulses and emotions
Appreciation of Beauty & Excellence	Awe and wonder for beauty, admiration for skill/excellence, elevation
Gratitude	Thankful for the good, expressing thanks, feeling blessed
Hope	Optimism, positive future-mindedness, expecting the best & working to achieve it
Humour	Playfulness, bringing smiles to others, light-hearted
Spirituality	faith, purpose, meaning, religiousness, connecting with the sacred