

# Character Strengths

This is the list of 24 character strengths from Values in Action (VIA). All of these can be linked to stories in peoples' lives.

## Wisdom and Knowledge (Cognitive Strengths)

Creativity – Thinking of novel and productive ways to do things.

Curiosity – Taking an interest in ongoing experience and exploration.

Judgment (Critical Thinking) – Weighing all aspects and making well-reasoned decisions.

Love of Learning – Mastering new skills, topics, and bodies of knowledge.

Perspective (Wisdom) – Offering wise counsel and seeing the bigger picture.

## Courage (Emotional Strengths)

Bravery – Acting despite fear, facing challenges head-on.

Perseverance (Grit) – Finishing what one starts despite obstacles.

Honesty (Integrity) – Speaking the truth and being authentic.

Zest (Vitality) – Approaching life with excitement and energy.

## Humanity (Interpersonal Strengths)

Love – Valuing close relationships and showing warmth.

Kindness (Generosity) – Doing good deeds for others.

Social Intelligence – Being aware of others' feelings and emotions.

## Justice (Civic Strengths)

Teamwork (Citizenship) – Working well as part of a group or team.

Fairness – Treating all people equally and justly.

Leadership – Encouraging a group to get things done while maintaining good relations.

## Temperance (Self-Regulation Strengths)

Forgiveness – Letting go of resentment and moving forward.

Humility – Not seeking the spotlight and letting one's accomplishments speak for themselves.

Prudence – Being careful about one’s choices; not taking undue risks.

Self-Regulation (Discipline) – Controlling emotions, behaviours, and desires.

Transcendence (Strengths that connect us to the larger universe)

Appreciation of Beauty and Excellence – Noticing and appreciating the good in life.

Gratitude – Being thankful for the good things in life.

Hope (Optimism) – Expecting good things and working toward them.

Humour – Seeing the lighter side of life and bringing smiles to others.

Spirituality – Having coherent beliefs about a higher purpose in life