



VIA character strengths and virtues

The 24 VIA character strengths can be grouped into six virtues.
 What are your key strengths? Which virtue/s do they belong to?
 Take the free test online: www.viacharacter.org

Wisdom Strengths of the HEAD

- Creativity**
Original & adaptive. Clever, a problem solver. Sees and does things in different ways.
- Curiosity**
Interested. Explores new things. Open to new ideas
- Judgement**
A critical thinker. Thinks things through. Open minded.
- Love of Learning**
Masters new skills & topics. Systematically adds to knowledge.
- Perspective**
Wise. Provides wise counsel. Takes the big picture view.

Courage Strengths of the HEART

- Bravery**
Shows valour. 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 Strengths of OTHERS

- Love**
Warm and genuine. Values close relationships
- Kindness**
Generous. Nurturing. Caring. Compassionate. Altruistic.
- Social Intelligence**
Aware of the motives and feelings of others. Knows what makes others tick.

Justice Strengths of COMMUNITY

- Teamwork**
Team player. Socially responsible. Loyal.
- Fairness**
Just. Doesn't let feelings bias decisions about others.
- Leadership**
Organises group activities. Encourages a group to get things done.

Temperance Strengths of SELF

- 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 risk.
- Self-Regulation**
Self-controlled. Manages impulses and emotions.

Transcendence Strengths of the SPIRIT

- Appreciation of Beauty & Excellence**
Feels awe & wonder in beauty. Inspired by goodness of others.
- Gratitude**
Thankful for the good. Expresses thanks. Feels blessed.
- Hope**
Optimistic. Future-minded.
- Humour**
Playful. Brings smiles to others. Light-hearted.
- Spirituality**
Searches for meaning. Feels sense of purpose. Senses a relationship with the sacred.