

# VIA Classification of Character Strengths and Virtues

# Virtue of Wisdom



Creativity

Original, adaptive, ingenuity, seeing and doing things in different ways



#### Curiosity

Interest, novelty-seeking, exploration, openness to experience



## **Judgment**

Critical thinking, thinking through all sides, not jumping to conclusions



#### Love of Learning

Mastering new skills & topics, systematically adding to knowledge



#### **Perspective**

Wisdom, providing wise counsel, taking the big picture view

# Virtue of Courage



#### Bravery

Valor, not shrinking from threat or challenge, facing fears, speaking up for what's right



#### Perseverance

Persistence, industry, finishing what one starts, overcoming obstacles



### Honesty

Authenticity, being true to oneself, sincerity without pretense, integrity



Vitality, enthusiasm for life, vigor, energy, not doing things half-heartedly

# Virtue of Humanity



#### Love

Both loving and being loved, valuing close relations with others, genuine warmth



#### Kindness

Generosity, nurturance, care, doing for others



#### Social Intelligence

Aware of the motives and feelings of oneself compassion, altruism, and others, knows what makes others tick



#### **Teamwork**

Citizenship, social responsibility, loyalty, contributing to a group effort



Virtue of Justice

### **Fairness**

Adhering to principles of justice, not allowing feelings to bias decisions about others



#### Leadership

Organizing group activities to get things done, positively influencing others

# Virtue of Temperance



### **Forgiveness**

Mercy, accepting others' shortcomings, giving people a second chance, letting go of hurt



### 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, emotions, and vices

# Virtue of Transcendence



### Appreciation of Beauty & Excellence

Awe and wonder for beauty, admiration for skill and moral greatness



#### Gratitude

Thankful for the good, expressing thanks, feeling blessed



#### Hope

Optimism, positive future-mindedness, expecting the best & working to achieve it



Playfulness, bringing smiles to others, lighthearted - seeing the lighter side



#### Spirituality

Connecting with the sacred, purpose, meaning, faith, religiousness