



## CHARACTER STRENGTHS CLASSIFICATION

VIRTUE	CHARACTER STRENGTHS
<p>1. <i>Wisdom and Knowledge</i>  <b>Cognitive strengths that entail the acquisition and use of knowledge</b></p>	<ul style="list-style-type: none"> <li>• <b>Creativity</b> – Thinking of novel and productive ways to conceptualize and do things</li> <li>• <b>Curiosity</b> – Taking an interest in ongoing experience for its own sake; exploring and discovering</li> <li>• <b>Judgment</b> – Thinking things through and examining them from all sides; not jumping to conclusions; being able to change one's mind in light of evidence; weighing all evidence fairly</li> <li>• <b>Love of Learning</b> – Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally; goes beyond curiosity to describe the tendency to add systematically to what one knows</li> <li>• <b>Perspective</b> – Being able to provide wise counsel to others; having ways of looking at the world that make sense to oneself and to other people</li> </ul>
<p>2. <i>Courage</i>  <b>Emotional strengths that involve the exercise of will to accomplish goals in the face of opposition, external or internal</b></p>	<ul style="list-style-type: none"> <li>• <b>Bravery</b> – Not shrinking from threat, challenge, difficulty, or pain; speaking up for what is right even if there is opposition; acting on convictions even if unpopular</li> <li>• <b>Perseverance</b> – Finishing what one starts; persisting in a course of action in spite of obstacles; taking pleasure in completing tasks</li> <li>• <b>Honesty</b> – Speaking the truth but more broadly presenting oneself in a genuine way and acting in a sincere way; being without pretence; taking responsibility for one's feelings and actions</li> <li>• <b>Zest</b> – Approaching life with excitement and energy; not doing things halfway or half-heartedly; living life as an adventure; feeling alive and activated</li> </ul>
<p>3. <i>Humanity</i>  <b>Interpersonal strengths that involve tending and befriending others</b></p>	<ul style="list-style-type: none"> <li>• <b>Love</b> – Valuing close relations with others, in particular those in which sharing and caring are reciprocated; being close to people</li> <li>• <b>Kindness</b> – Doing favours and good deeds for others; helping them; taking care of them</li> <li>• <b>Social Intelligence</b> – Being aware of the motives and feelings of other people and oneself; knowing what to do to fit into different social situations; knowing what makes other people tick</li> </ul>



## CHARACTER STRENGTHS CLASSIFICATION

<p>4. <i>Justice</i>  <b>Civic strengths that underlie healthy community life</b></p>	<ul style="list-style-type: none"> <li>• <b>Teamwork</b> – Working well as a member of a group or team; being loyal to the group; doing one's share</li> <li>• <b>Fairness</b> – Treating all people the same according to notions of fairness and justice; not letting personal feelings bias decisions about others; giving everyone a fair chance</li> <li>• <b>Leadership</b> – Encouraging a group of which one is a member to get things done, and at the same time maintaining good relations within the group; organizing group activities and seeing that they happen</li> </ul>
<p>5. <i>Temperance</i>  <b>Strengths that protect against excess</b></p>	<ul style="list-style-type: none"> <li>• <b>Forgiveness</b> – Forgiving those who have done wrong; accepting the shortcomings of others; giving people a second chance; not being vengeful</li> <li>• <b>Humility</b> – Letting one's accomplishments speak for themselves; not regarding oneself as more special than one is</li> <li>• <b>Prudence</b> – Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted</li> <li>• <b>Self-Regulation</b> – Regulating what one feels and does; being disciplined; controlling one's appetites and emotions</li> </ul>
<p>6. <i>Transcendence</i>  <b>Strengths that forge connections to the larger universe and provide meaning</b></p>	<ul style="list-style-type: none"> <li>• <b>Appreciation of Beauty and Excellence</b> – Noticing and appreciating beauty, excellence, and/or skilled performance in various domains of life, from nature to art to mathematics to science to everyday experience</li> <li>• <b>Gratitude</b> – Being aware of and thankful for the good things that happen; taking time to express thanks</li> <li>• <b>Hope</b> – Expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about</li> <li>• <b>Humour</b> – Liking to laugh and tease; bringing smiles to other people; seeing the light side; making (not necessarily telling) jokes</li> <li>• <b>Spirituality</b> – Having coherent beliefs about the higher purpose and meaning of the universe; knowing where one fits within the larger scheme; having beliefs about the meaning of life that shape conduct and provide comfort</li> </ul>

(Source - <http://www.viacharacter.org/viainstitute/classification.aspx>)