



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.