

## THE VIA CLASSIFICATION OF 24 CHARACTER STRENGTHS

<p><b>WISDOM</b> Cognitive strengths that entail the acquisition and use of knowledge</p>	<p><b>CREATIVITY</b></p> <ul style="list-style-type: none"> <li>• Originality</li> <li>• Adaptivity</li> <li>• Ingenuity</li> </ul>	<p><b>CURIOSITY</b></p> <ul style="list-style-type: none"> <li>• Interest</li> <li>• Novelty-seeking</li> <li>• Exploration</li> <li>• Openness</li> </ul>	<p><b>LOVE OF LEARNING</b></p> <ul style="list-style-type: none"> <li>• Mastering new skills and topics</li> <li>• Systematically adding to knowledge</li> </ul>	<p><b>PERSPECTIVE</b></p> <ul style="list-style-type: none"> <li>• Wisdom</li> <li>• Providing wide counsel</li> <li>• Taking the big picture view</li> </ul>	<p><b>JUDGEMENT</b></p> <ul style="list-style-type: none"> <li>• Critical thinking</li> <li>• Thinking things through</li> <li>• Open-mindedness</li> </ul>
<p><b>COURAGE</b> Emotional strengths that involve the exercise of will to accomplish goals in the face of opposition, external or internal</p>	<p><b>BRAVERY</b></p> <ul style="list-style-type: none"> <li>• Valour</li> <li>• Not shrinking from fear</li> <li>• Speaking up for what's right</li> </ul>	<p><b>PERSERVERANCE</b></p> <ul style="list-style-type: none"> <li>• Persistence</li> <li>• Industry</li> <li>• Finishing what one starts</li> </ul>	<p><b>HONESTY</b></p> <ul style="list-style-type: none"> <li>• Authenticity</li> <li>• Integrity</li> </ul>	<p><b>ZEST</b></p> <ul style="list-style-type: none"> <li>• Vitality</li> <li>• Enthusiasm</li> <li>• Vigour</li> <li>• Energy</li> <li>• Feeling Alive</li> </ul>	
<p><b>HUMANITY</b> Interpersonal strengths that involve tending and befriending others</p>	<p><b>LOVE</b></p> <ul style="list-style-type: none"> <li>• Both loving and being loved</li> <li>• Valuing close relationships with others</li> </ul>	<p><b>KINDNESS</b></p> <ul style="list-style-type: none"> <li>• Generosity</li> <li>• Nurturance</li> <li>• Care and Compassion</li> <li>• Altruism</li> </ul>	<p><b>SOCIAL INTELLIGENCE</b></p> <ul style="list-style-type: none"> <li>• Aware of the motives/feelings of self and others</li> <li>• Knowing what makes others tick</li> </ul>		
<p><b>JUSTICE</b> Civic strengths that underlie healthy</p>	<p><b>TEAMWORK</b></p> <ul style="list-style-type: none"> <li>• Citizenship</li> <li>• Social</li> </ul>	<p><b>FAIRNESS</b></p> <ul style="list-style-type: none"> <li>• Just</li> <li>• Not letting</li> </ul>	<p><b>LEADERSHIP</b></p> <ul style="list-style-type: none"> <li>• Organising group activities</li> </ul>		

community life	responsibility <ul style="list-style-type: none"> <li>Loyalty</li> </ul>	feelings influence decisions about others	<ul style="list-style-type: none"> <li>Encouraging a group to get things done</li> </ul>		
<b>TEMPERANCE</b> Strengths that protect against excess	<b>FORGIVENESS</b> <ul style="list-style-type: none"> <li>Mercy</li> <li>Accepting others' shortcomings</li> <li>Giving people a second chance</li> </ul>	<b>HUMILITY</b> <ul style="list-style-type: none"> <li>Modesty</li> <li>Letting one's accomplishments speak for themselves</li> </ul>	<b>PRUDENCE</b> <ul style="list-style-type: none"> <li>Careful</li> <li>Cautious</li> <li>Not taking undue risks</li> </ul>	<b>SELF REGULATION</b> <ul style="list-style-type: none"> <li>Self-control</li> <li>Disciplined</li> <li>Managing impulses and emotions</li> </ul>	
<b>TRANSCENDENCE</b> Strengths that forge connections to the larger universe and provide meaning	<b>APPRECIATION OF BEAUTY &amp; EXCELLENCE</b> <ul style="list-style-type: none"> <li>Awe</li> <li>Wonder</li> <li>Evaluation</li> </ul>	<b>GRATITUDE</b> <ul style="list-style-type: none"> <li>Thankful for the good</li> <li>Expressing thanks</li> <li>Feeling blessed</li> </ul>	<b>HOPE</b> <ul style="list-style-type: none"> <li>Optimism</li> <li>Future-mindedness</li> <li>Future orientation</li> </ul>	<b>HUMOUR</b> <ul style="list-style-type: none"> <li>Playfulness</li> <li>Bringing smiles to others</li> <li>Light-hearted</li> </ul>	<b>SPIRITUALITY</b> <ul style="list-style-type: none"> <li>Religiousness</li> <li>Faith</li> <li>Purpose</li> <li>Meaning</li> </ul>

(Summarised from [www.viacharacter.org](http://www.viacharacter.org) – Character Strengths)

## THE VIA CLASSIFICATION OF 24 CHARACTER STRENGTHS: ACTIVITY SHEET

<p><b>WISDOM</b> Cognitive strengths that entail the acquisition and use of knowledge</p>	<p style="text-align: center;">?</p> <ul style="list-style-type: none"> <li>• Originality</li> <li>• Adaptivity</li> <li>• Ingenuity</li> </ul>	<p style="text-align: center;">?</p> <ul style="list-style-type: none"> <li>• Interest</li> <li>• Novelty-seeking</li> <li>• Exploration</li> <li>• Openness</li> </ul>	<p style="text-align: center;">?</p> <ul style="list-style-type: none"> <li>• Mastering new skills and topics</li> <li>• Systematically adding to knowledge</li> </ul>	<p style="text-align: center;">?</p> <ul style="list-style-type: none"> <li>• Wisdom</li> <li>• Providing wide counsel</li> <li>• Taking the big picture view</li> </ul>	<p style="text-align: center;">?</p> <ul style="list-style-type: none"> <li>• Critical thinking</li> <li>• Thinking things through</li> <li>• Open-mindedness</li> </ul>
<p><b>COURAGE</b> Emotional strengths that involve the exercise of will to accomplish goals in the face of opposition, external or internal</p>	<p style="text-align: center;">?</p> <ul style="list-style-type: none"> <li>• Valour</li> <li>• Not shrinking from fear</li> <li>• Speaking up for what's right</li> </ul>	<p style="text-align: center;">?</p> <ul style="list-style-type: none"> <li>• Persistence</li> <li>• Industry</li> <li>• Finishing what one starts</li> </ul>	<p style="text-align: center;">?</p> <ul style="list-style-type: none"> <li>• Authenticity</li> <li>• Integrity</li> </ul>	<p style="text-align: center;">?</p> <ul style="list-style-type: none"> <li>• Vitality</li> <li>• Enthusiasm</li> <li>• Vigour</li> <li>• Energy</li> <li>• Feeling Alive</li> </ul>	
<p><b>HUMANITY</b> Interpersonal strengths that involve tending and befriending others</p>	<p style="text-align: center;">?</p> <ul style="list-style-type: none"> <li>• Both loving and being loved</li> <li>• Valuing close</li> </ul>	<p style="text-align: center;">?</p> <ul style="list-style-type: none"> <li>• Generosity</li> <li>• Nurturance</li> <li>• Care and Compassion</li> </ul>	<p style="text-align: center;">?</p> <ul style="list-style-type: none"> <li>• Aware of the motives/feelings of self and others</li> </ul>		

	relationships with others	<ul style="list-style-type: none"> <li>Altruism</li> </ul>	<ul style="list-style-type: none"> <li>Knowing what makes others tick</li> </ul>		
<b>JUSTICE</b> Civic strengths that underlie healthy community life	<p>?</p> <ul style="list-style-type: none"> <li>Citizenship</li> <li>Social responsibility</li> <li>Loyalty</li> </ul>	<p>?</p> <ul style="list-style-type: none"> <li>Just</li> <li>Not letting feelings influence decisions about others</li> </ul>	<p>?</p> <ul style="list-style-type: none"> <li>Organising group activities</li> <li>Encouraging a group to get things done</li> </ul>		
<b>TEMPERANCE</b> Strengths that protect against excess	<p>?</p> <ul style="list-style-type: none"> <li>Mercy</li> <li>Accepting others' shortcomings</li> <li>Giving people a second chance</li> </ul>	<p>?</p> <ul style="list-style-type: none"> <li>Modesty</li> <li>Letting one's accomplishments speak for themselves</li> </ul>	<p>?</p> <ul style="list-style-type: none"> <li>Careful</li> <li>Cautious</li> <li>Not taking undue risks</li> </ul>	<p>?</p> <ul style="list-style-type: none"> <li>Self-control</li> <li>Disciplined</li> <li>Managing impulses and emotions</li> </ul>	
<b>TRANSCENDENCE</b> Strengths that forge connections to the larger universe and provide meaning	<p>?</p> <ul style="list-style-type: none"> <li>Awe</li> <li>Wonder</li> <li>Evaluation</li> </ul>	<p>?</p> <ul style="list-style-type: none"> <li>Thankful for the good</li> <li>Expressing thanks</li> <li>Feeling blessed</li> </ul>	<p>?</p> <ul style="list-style-type: none"> <li>Optimism</li> <li>Future-mindedness</li> <li>Future orientation</li> </ul>	<p>?</p> <ul style="list-style-type: none"> <li>Playfulness</li> <li>Bringing smiles to others</li> <li>Light-hearted</li> </ul>	<p>?</p> <ul style="list-style-type: none"> <li>Religiousness</li> <li>Faith</li> <li>Purpose</li> <li>Meaning</li> </ul>

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<b>CREATIVITY</b>	<b>HOPE</b>	<b>CREATIVITY</b>	<b>HOPE</b>
<b>APPRECIATION</b>	<b>HONESTY</b>	<b>APPRECIATION</b>	<b>HONESTY</b>
<b>FORGIVENESS</b>	<b>PRUDENCE</b>	<b>FORGIVENESS</b>	<b>PRUDENCE</b>
<b>TEAMWORK</b>	<b>JUDGEMENT</b>	<b>TEAMWORK</b>	<b>JUDGEMENT</b>
<b>LOVE</b>	<b>BRAVERY</b>	<b>LOVE</b>	<b>BRAVERY</b>
<b>PERSPECTIVE</b>	<b>CURIOSITY</b>	<b>PERSPECTIVE</b>	<b>CURIOSITY</b>
<b>GRATITUDE</b>	<b>SOCIAL INTELLIGENCE</b>	<b>GRATITUDE</b>	<b>SOCIAL INTELLIGENCE</b>
<b>HUMILITY</b>	<b>SPIRITUALITY</b>	<b>HUMILITY</b>	<b>SPIRITUALITY</b>
<b>ZEST</b>	<b>PERSERVERANCE</b>	<b>ZEST</b>	<b>PERSERVERANCE</b>
<b>SELF-REGULATION</b>	<b>LEADERSHIP</b>	<b>SELF-REGULATION</b>	<b>LEADERSHIP</b>

<b>KINDNESS</b>	<b>LOVE OF LEARNING</b>	<b>KINDNESS</b>	<b>LOVE OF LEARNING</b>
<b>HUMOUR</b>	<b>FAIRNESS</b>	<b>HUMOUR</b>	<b>FAIRNESS</b>