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| **VIA 24 CHARACTER STRENGTHS** | |
| **Self-Regulation** | Regulating what one feels and does; being disciplined; controlling one's appetites and emotions. |
| **Humility** | Letting one's accomplishments speak for themselves; not regarding oneself as more special than one is. |
| **Forgiveness** | Forgiving those who have done wrong; accepting others’ shortcomings; giving people a second chance; not being vengeful. |
| **Spirituality** | 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. |
| **Love** | Valuing close relations with others, in particular those in which sharing & caring are reciprocated; being close to people. |
| **Teamwork** | Working well as a member of a group or team; being loyal to the group; doing one's share. |
| **Creativity** | Thinking of novel and productive ways to conceptualize and do things; includes artistic achievement but is not limited to it. |
| **Gratitude** | Being aware of and thankful for the good things that happen; taking time to express thanks. |
| **Judgment** | 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. |
| **Zest** | Approaching life with excitement and energy; not doing things halfway or halfheartedly; living life as an adventure; feeling alive and activated. |
| **Bravery** | Not shrinking from threat, challenge, difficulty, or pain; speaking up for what’s right even if there’s opposition; acting on convictions even if unpopular; includes physical bravery but is not limited to it. |
| **Prudence** | Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted. |
| **Fairness** | Treating all people the same according to notions of fairness and justice; not letting feelings bias decisions about others; giving everyone a fair chance. |
| **Honesty** | Speaking the truth but more broadly presenting oneself in a genuine way and acting in a sincere way; being without pretense; taking responsibility for one's feelings and actions. |
| **Perseverance** | Finishing what one starts; persevering in a course of action in spite of obstacles; “getting it out the door”; taking pleasure in completing tasks. |
| **Kindness** | Doing favors and good deeds for others; helping them; taking care of them. |
| **Love of learning** | Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally; related to the strength of curiosity but goes beyond it to describe the tendency to add systematically to what one knows. |
| **Perspective** | Being able to provide wise counsel to others; having ways of looking at the world that make sense to oneself/others. |
| **Curiosity** | Taking an interest in ongoing experience for its own sake; finding subjects and topics fascinating; exploring and discovering. |
| **Humor** | Liking to laugh and tease; bringing smiles to other people; seeing the light side; making (not necessarily telling) jokes. |
| **Hope** | Expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about. |
| **Social intelligence** | Being aware of the motives/feelings of others and oneself; knowing what to do to fit into different social situations; knowing what makes other people tick. |
| **Leadership** | Encouraging a group of which one is a member to get things done and at the same time maintain good relations within the group; organizing group activities and seeing that they happen. |
| **Appreciation of Beauty & Excellence** | 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. |