

Character Strengths

- “Positive traits , individual differences such as curiosity, kindness, gratitude” (Defined)
- Values in Action project (VIA)
- Six core virtues:
 - Strengths of wisdom and knowledge
 - Strengths of courage
 - Strengths of humanity
 - Strengths of justice
 - Strengths of temperance
 - Strengths of transcendence



24 Character Strengths

- Creativity
- Curiosity
- Love of learning
- Open mindedness
- Perspective
- Authenticity
- Bravery
- Persistence
- Zest
- Kindness
- Love
- Social Intelligence
- Fairness
- Leadership
- Teamwork
- Forgiveness/mercy
- Modesty/Humility
- Prudence
- Self-regulation
- Appreciation of beauty/excellence
- Gratitude
- Hope
- Humor
- Religiousness/Spirituality

Signature Strengths

- Positive traits that a persons owns, celebrates, frequently exercises
- Not the same as talents (which are innate, less voluntary)
- Zest, gratitude, hope, & love strongly associated with life satisfaction.
- Organized by: Self-other; Mind-heart (p. 158)


