



Character Strength “Mindful Mottos”

Science says using your character strengths every day can make you happier, more resilient and better connected to others. This is a list of the 24 VIA character strengths with a simple motto that captures the essence of the strength. Keep them in mind as you go about your daily life and remember to use your strengths in all that you do!

CREATIVITY <i>Do things in a different way.</i>			TEAMWORK <i>Work side-by-side with others.</i>
CURIOSITY <i>Ask questions, lots of them.</i>			FAIRNESS <i>Treat people the way you want to be treated.</i>
JUDGMENT <i>Examine the details.</i>			LEADERSHIP <i>Organize activities for others.</i>
LOVE OF LEARNING <i>Learn something from every situation.</i>			FORGIVENESS <i>Let it go.</i>
PERSPECTIVE <i>Offer good advice.</i>			HUMILITY <i>Place attention on others.</i>
BRAVERY <i>Face what you are afraid of.</i>			PRUDENCE <i>Think before you act...or speak.</i>
PERSEVERANCE <i>Don't give up.</i>			SELF-REGULATION <i>Manage your vices.</i>
HONESTY <i>Tell people the truth, (almost) all the time.</i>			APPRECIATION OF BEAUTY & EXCELLENCE <i>Find beauty in nature, art, ideas, and people.</i>
ZEST <i>When in doubt, take action!</i>			GRATITUDE <i>Tell people “thank you,” often.</i>
LOVE <i>Be a warm and strong listener.</i>			HOPE <i>Be positive, especially when others are not.</i>
KINDNESS <i>Be helpful, err toward caring.</i>			HUMOR <i>Laugh a lot, with others.</i>
SOCIAL INTELLIGENCE <i>Be friendly.</i>			SPIRITUALITY <i>Look for what is sacred in this moment.</i>

For more information on activating your strengths visit
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