

VIA Youth

24 Character Strengths



APPRECIATION OF BEAUTY & EXCELLENCE

- Feels awe and wonder in nature
- Admires skills of others
- Inspired by the goodness of others



BRAVERY

- Shows valor
- Accepts challenges
- Faces difficulties
- Speaks up for what's right



CREATIVITY

- Clever
- A Problem-solver



CURIOSITY

- Interested
- Open to new ideas



FAIRNESS

- Cares about what's right
- Treats others fairly
- Tries not to be biased against certain groups



FORGIVENESS

- Gives others a second chance
- Accepts others' faults
- Doesn't hold grudges



GRATITUDE

- Thankful
- Shows appreciation
- Feels blessed



HONESTY

- Tells the truth
- Keeps promises
- Trustworthy



HOPE

- Optimistic
- Expects the best
- Excited about the future



HUMILITY

- Modest
- Puts attention on others
- Doesn't brag about accomplishments



HUMOR

- Playful
- Enjoys bringing smiles/laughter to others
- Sees the funny side of things



JUDGMENT

- A critical thinker
- Fact-based and logical
- Open minded



KINDNESS

- Caring
- Generous
- Compassionate
- Nice



LEADERSHIP

- Encourages others
- Organizes groups
- Sets a good example



LOVE

- Warm and genuine
- Prioritizes relationships
- A good listener



LOVE OF LEARNING

- Excited to learn new things
- Masters new skills



PRESERVERANCE

- Hardworking
- Overcomes obstacles
- Finishes what is started



PERSPECTIVE

- Wise
- Gives good advice
- Sees the big picture



PRUDENCE

- Careful
- Plans ahead
- Thinks about consequences before acting



SELF-REGULATION

- Self-controlled
- Disciplined
- Manages feelings and actions



SENSE OF MEANING

- Searches for meaning
- Feels a sense of purpose
- Feels interconnected with life



SOCIAL INTELLIGENCE

- Understands others
- Aware of own feelings and thoughts
- Shows empathy



TEAMWORK

- Loyal
- A team player
- Shows responsibility to groups



ZEST

- Active
- Energetic
- Enthusiastic