

VALUES

Acceptance	Efficiency	Honesty	Peace/Nonviolence
Accountability	Enthusiasm	Honor	Personal Growth
Adventure	Equality	Hope	Pets/Animals
Art/Music	Ethical Action	Humor	Politics
Athletics	Excellence	Independence	Positive Influence
Celebration	Fairness	Innovation	Practicality
Challenge	Faith/Religion	Integrity	Problem-Solving
Collaboration	Family	Interdependence	Reliability
Commitment	Freedom	Joy	Resourcefulness
Community	Friendship	Knowledge	Self-Compassion
Compassion	Fun	Leadership	Self-Reliance
Competence	Generosity	Lifelong Learning	Service
Cooperation	Gratitude	Love	Simplicity/Thrift
Courage	Happiness	Loyalty	Strength
Creativity	Hard Work	Mindfulness	Tradition
Curiosity	Harmony	Nature	Trust
Discipline	Health	Openness	Willingness
Discovery	Helping Others	Patience	Wisdom

VIA Classification of Character Strengths and Virtues

The Character Strengths of a Flourishing Life

WISDOM

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Creativity

Originality; adaptive; ingenuity

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Curiosity

Interest; novelty-seeking; exploration; openness to experience

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Judgment

Critical thinking; thinking things through; open-minded

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Love of Learning

Mastering new skills & topics; systematically adding to knowledge

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Perspective

Wisdom; providing wise counsel; taking the big picture view

COURAGE

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Bravery

Valor; not shrinking from fear; speaking up for what's right

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Perseverance

Persistence; industry; finishing what one starts

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Honesty

Authenticity; integrity

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Zest

Vitality; enthusiasm; vigor; energy; feeling alive and activated

HUMANITY

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Love

Both loving and being loved; valuing close relations with others

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Kindness

Generosity; nurturance; care; compassion; altruism; "niceness"

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Social Intelligence

Emotional intelligence; aware of the motives/feelings of self/others; knowing what makes other people tick

JUSTICE

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Teamwork

Citizenship; social responsibility; loyalty

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Fairness

Just; not letting feelings bias decisions about others

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Leadership

Organizing group activities; encouraging a group to get things done

TEMPERANCE

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Forgiveness

Mercy; accepting others' shortcomings; giving people a second chance

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Humility

Modesty; letting one's accomplishments speak for themselves

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Prudence

Careful; cautious; not taking undue risks

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Self-Regulation

Self-control; disciplined; managing impulses & emotions

TRANSCENDENCE

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Appreciation of Beauty and Excellence

Awe; wonder; elevation

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Gratitude

Thankful for the good; expressing thanks; feeling blessed

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Hope

Optimism; future-mindedness; future orientation

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Humor

Playfulness; bringing smiles to others; lighthearted

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Spirituality

Religiousness; faith; purpose; meaning



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