Character Strengths are the positive parts of your personality that impact how you think, feel and behave and are the keys to you being your best self. When [applied effectively](https://www.viacharacter.org/www/VIA-Survey/Personality-Strengths-Development), they are beneficial both to you and society as a whole. They are different than your other strengths, such as your unique skills, talents, interests and resources, because character strengths reflect the "real" you — who you are at your core.

Wisdom

Wisdom deals with strengths that involve the way we acquire and use knowledge.

**Creativity**: Thinking of novel and productive ways to conceptualize and do things; includes artistic achievement but is not limited to it.

**Curiosity**: Taking an interest in ongoing experience for its own sake; finding subjects and topics fascinating; exploring and discovering.

**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.

**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.

Courage

Courage describes strengths that deal with overcoming fear.

**Bravery**: Not shrinking from threat, difficulty, challenge 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.

**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

**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.

**Zest**: Approaching life with excitement and energy; not doing things halfway of halfheartedly; living life as an adventure; feeling alive and activated.

Humanity

Humanity describes strengths that manifest in caring relationships with others.

**Love**: Valuing close relationships with others, in particular those in which sharing & caring are reciprocated; being close to people.

**Kindness**: Doing favors and good deeds for others; helping them; taking care of them.

**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 others tick.

Justice

Justice describes strengths that make life fair.

**Teamwork**: Working well as a member of a group or team; being loyal to the group; doing one’s share.

**Fairness**: Treating all people the same according to the notions of fairness and justice; not lettings feelings bias decisions about others; giving everyone a fair chance.

**Leadership**: Encouraging a group of which one is a member to get things done and at the same time maintain good relations with the group; organizing group activities and seeing that they happen.

Temperance

Temperance deals with strengths that protect us from excess.

**Forgiveness**: Forgiving those who have done wrong; accepting others’ shortcomings; giving people a second chance; not being vengeful.

**Humility**: Letting one’s accomplishments speak for themselves; not regarding oneself as more special than one is.

**Prudence**: Being careful about one’s choices; not taking undue risks; not saying or doing things that might later be regretted.

**Self-regulation**: Regulating what one feels and does; being disciplined; controlling one’s appetites and emotions.

Transcendence

Transcendence describes strengths that provide a broad sense of connection to something higher in meaning and purpose than ourselves.

**Appreciation of Beauty and 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.

**Gratitude**: Being aware and thankful for the good things that happen; taking time to express thanks.

**Hope**: Expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about.

**Humor**: Liking to laugh and tease; bringing smiles to other people; seeing the light side; making (not necessarily telling) jokes.

**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.

Know Your Character Strengths, Improve Your Life: VIA Character. (n.d.). Retrieved September 5, 2016, from https://www.viacharacter.org/www/Character-Strengths/Science-Of-Character