

Each one of us possess all 24 of the VIA character strengths in varying degrees making up



our own unique profiles.

The VIA Classification of Character Strengths is comprised of 24 character strengths that fall under six broad virtue categories: **wisdom, courage, humanity, justice, temperance and transcendence**. They are morally and universally valued, encompass our capacities for helping ourselves and others and produce positive effects when we express them. Knowing [your constellation of character strengths](#) is the first step towards living a happier, more authentic life. Discover your personalized Character Strengths Profile by taking the our free personality test, the [VIA Survey](#).

Download The VIA Classification

The VIA Classification is available in many formats. Choose which one best suits your needs from the selection below:



The VIA Classification of Character Strengths

1. **Wisdom and Knowledge** - Cognitive strengths that entail the acquisition and use of knowledge
 - **Creativity** [originality, ingenuity]: Thinking of novel and productive ways to conceptualize and do things; includes artistic achievement but is not limited to it
 - **Curiosity** [interest, novelty-seeking, openness to experience]: Taking an interest in ongoing experience for its own sake; finding subjects and topics fascinating; exploring and discovering
 - **Judgment** [critical thinking]: 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; obviously related to the strength of curiosity but goes beyond it to describe the tendency to add systematically to what one knows
 - **Perspective** [wisdom]: Being able to provide wise counsel to others; having ways of looking at the world that make sense to oneself and to other people

TEXT

THE VIA INSTITUTE ON CHARACTER CLASSIFICATION OF CHARACTER STRENGTHS

The VIA Classification of Strengths is the "backbone" of the science of positive psychology.



CREATIVITY: Originality; adaptive; ingenuity
CURIOSITY: Interest; novelty-seeking; exploration; openness to experience
JUDGMENT: Critical thinking; thinking things through; open-minded
LOVE OF LEARNING: Mastering new skills & topics; systematically adding to knowledge
PERSPECTIVE: Wisdom; providing wise counsel; taking the big picture view



BRAVERY: Valor; not shrinking from fear; speaking up for what's right
PERSEVERANCE: Persistence; industry; finishing what one starts
HONESTY: Authenticity; integrity
ZEST: Vitality; enthusiasm; vigor; energy; feeling alive and activated



LOVE: Both loving and being loved; valuing close relations with others
KINDNESS: Generosity; nurturance; care; compassion; altruism; compassion; altruism; "niceness"
SOCIAL INTELLIGENCE: Emotional intelligence; aware of the motives/feelings of self/others, knowing what makes other people tick



TEAMWORK: Citizenship; social responsibility; loyalty
FAIRNESS: Just; not letting feelings bias decisions about others
LEADERSHIP: Organizing group activities; encouraging a group to

INFOGRAPHIC



WORD CLOUD



The VIA Classification of 24 Character Strengths


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WISDOM	CREATIVITY <ul style="list-style-type: none"> • Originality • Adaptive • Ingenuity 	CURIOSITY <ul style="list-style-type: none"> • Interest • Novelty-Seeking • Exploration • Openness 	JUDGMENT <ul style="list-style-type: none"> • Critical Thinking • Thinking Things Through • Open-mindedness 	LOVE OF LEARNING <ul style="list-style-type: none"> • Mastering New Skills & Topics • Systematically Adding to Knowledge 	PERSPECTIVE <ul style="list-style-type: none"> • Wisdom • Providing Wise Counsel • Taking the Big Picture View
COURAGE	BRAVERY <ul style="list-style-type: none"> • Valor • Not Shrinking from Fear • Speaking Up for What's Right 	PERSEVERANCE <ul style="list-style-type: none"> • Persistence • Industry • Finishing What One Starts 	HONESTY <ul style="list-style-type: none"> • Authenticity • Integrity 	ZEST <ul style="list-style-type: none"> • Vitality • Enthusiasm • Vigor • Energy • Feeling Alive 	
HUMANITY	LOVE <ul style="list-style-type: none"> • Both Loving and Being Loved • Valuing Close Relations with Others 	KINDNESS <ul style="list-style-type: none"> • Generosity • Nurturance • Care & Compassion • Altruism • "Niceness" 			SOCIAL INTELLIGENCE <ul style="list-style-type: none"> • Aware of the Motives/Feelings of Self/Others • Knowing what Makes Other People Tick

GRAPHIC

VIA Classification of Character Strengths and Virtues

The Character Strengths of a Flourishing Life

WISDOM	COURAGE	HUMANITY	JUSTICE	TEMPERANCE	TRANSCENDENCE
 Creativity Originality; adaptive; ingenuity	 Bravery Valor; not shrinking from fear; speaking up for what's right	 Love Both loving and being loved; making close relations with others	 Teamwork Citizenship; social responsibility; loyalty	 Forgiveness Mercy; accepting others' shortcomings; giving people a second chance	 Appreciation of Beauty and Excellence Awe; wonder; elevation
 Curiosity Interest; novelty-seeking; exploration; openness to experience	 Perseverance Persistence; industry; finishing what one starts	 Kindness Generosity; nurturance; care; compassion; altruism; "niceness"	 Fairness Just; not letting feelings bias decisions about others	 Humility Modesty; letting one's accomplishments speak for themselves	 Gratitude Thankful for the good; expressing thanks; feeling blessed
 Judgment Critical thinking; thinking things through; open-minded	 Honesty Authenticity; integrity	 Social Intelligence Emotional intelligence; aware of the motives/feelings of self/others; knowing what makes other people tick	 Leadership Organizing group activities; encouraging a group to get things done	 Prudence Careful; cautious; not taking undue risks	 Hope Optimism; future-mindedness; future orientation
 Love of Learning Mastering new skills & topics; systematically adding to knowledge	 Zest Vitality; enthusiasm; vigor; energy; feeling alive and activated	 Self-Regulation Self-control; disciplined; managing impulses & emotions	 Humor Playfulness; bringing smiles to others; lighthearted	 Spirituality Religiousness; faith; purpose; meaning	



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POSTER

THE VIA CLASSIFICATION OF CHARACTER STRENGTHS & VIRTUES

1. Wisdom and Knowledge – Cognitive strengths that entail the acquisition and use of knowledge

- **Creativity** [originality, ingenuity]: Thinking of novel and productive ways to conceptualize and do things; includes artistic achievement but is not limited to it
- **Curiosity** [interest, novelty-seeking, openness to experience]: Taking an interest in ongoing experience for its own sake; finding subjects and topics fascinating; exploring and discovering
- **Judgment** [critical thinking]: 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; obviously related to the strength of curiosity but goes beyond it to describe the tendency to add systematically to what one knows
- **Perspective** [wisdom]: Being able to provide wise counsel to others; having ways of looking at the world that make sense to oneself and to other people

2. Courage – Emotional strengths that involve the exercise of will to accomplish goals in the face of opposition, external or internal

- **Bravery** [valor]: Not shrinking from threat, challenge, difficulty, or pain; speaking up for what is right even if there is opposition; acting on convictions even if unpopular; includes physical bravery but is not limited to it
- **Perseverance** [persistence, industriousness]: Finishing what one starts; persisting in a course of action in spite of obstacles; “getting it out the door”; taking pleasure in completing tasks
- **Honesty** [authenticity, integrity]: 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** [vitality, enthusiasm, vigor, energy]: Approaching life with excitement and energy; not doing things halfway or halfheartedly; living life as an adventure; feeling alive and activated

3. Humanity - Interpersonal strengths that involve tending and befriending others

- **Love**: Valuing close relations with others, in particular those in which sharing and caring are reciprocated; being close to people

- **Kindness** [generosity, nurturance, care, compassion, altruistic love, "niceness"]: Doing favors and good deeds for others; helping them; taking care of them
- **Social Intelligence** [emotional intelligence, personal intelligence]: Being aware of the motives and feelings of other people and oneself; knowing what to do to fit into different social situations; knowing what makes other people tick

4. Justice - Civic strengths that underlie healthy community life

- **Teamwork** [citizenship, social responsibility, loyalty]: 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 notions of fairness and justice; not letting personal 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 maintaining good relations within the group; organizing group activities and seeing that they happen.

5. Temperance – Strengths that protect against excess

- **Forgiveness**: Forgiving those who have done wrong; accepting the shortcomings of others; 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** [self-control]: Regulating what one feels and does; being disciplined; controlling one's appetites and emotions

6. Transcendence - Strengths that forge connections to the larger universe and provide meaning

- **Appreciation of Beauty and Excellence** [awe, wonder, elevation]: 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 of and thankful for the good things that happen; taking time to express thanks
- **Hope** [optimism, future-mindedness, future orientation]: Expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about
- **Humor** [playfulness]: Liking to laugh and tease; bringing smiles to other people; seeing the light side; making (not necessarily telling) jokes

- [Spirituality](#) [faith, purpose]: 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

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