

VIA CLASSIFICATION OF CHARACTER STRENGTHS

1. KNOWLEDGE:

Cognitive strengths that imply the acquisition and use of knowledge.



Creativity [uniqueness, wit]: Thinking in creative and productive ways to conceptualize and do tasks; includes but does not limit to artistic accomplishments

Curiosity [interest, search for innovation, open to experiences]: Interest in experiences, find topics of interest, explore, and discover.

Judgement [critical thinking]: Thinking thoroughly from different perspectives, and not jump into conclusions; to be able to change mind according to the evidence, and examine it fairly.

Love for knowledge: Dominate new skill and knowledge, either formally or independently. It relates to the curiosity but goes beyond because it describes the tendency to increase knowledge systematically.

Perspective [wisdom]: To be able to give advice to others, and have different ways to see the world that make sense to oneself and other people.

2. Courage: Emotional strengths that imply willpower to accomplish goals despite oppositions.

Bravery [courage]: To not be intimidated by threats, difficulties or pain; to raise your voice for what is right despite oppositions; to act according our convictions; includes physical braveness.

Perseverance [persistence]: To finish what you start; persist in a journey despite obstacles; to do things and enjoy completed tasks.

Honesty [authenticity, integrity]: To tell the truth in depth, present oneself genuinely and act sincerely; to be without pretensions; take responsibility over actions and feelings.

Motivation for life [vitality, enthusiasm, vigor, energy]: To see life with enthusiasm and energy; to act with intention and live life as an adventure; to feel alive and active.





3. **Humanity:** Interpersonal strengths that imply taking care of and be friend of other people.

Love: To value close relationships with others, particularly those where caring and sharing is reciprocal; to have close relationships with people.

Kindness/goodness [generosity, care, compassion, altruist love, to be “likeable”]: Doing favors and good actions; help and care for others.

Social intelligence [emotional and interpersonal intelligence]: To be aware of our own motives and emotions, and those of others; to know what to do to fit in different social situations; to acknowledge what others like.

4. **Justice:** Civic strengths to sustain a fair community environment.

Teamwork [citizenship, social responsibility, loyalty]: To work as a member of a group or team, to be loyal and play the part.

Justice: To treat people equally according to justice and equity principles; to not let our personal feelings affect our decisions about others; to give a fair chance to all.

Leadership: Cheer the groups you are part of, maintain good relations in the team, organize activities.



5. Temperance: Strengths that protects us from excesses.

- **Forgiveness:** To forgive those who have made us harm; accept other people's weakness; to give second chances, and not be vengeful.
- **Humility:** To let our accomplishments speak for themselves, and not project ourselves as more important than others.
- **Prudence:** To be careful in our actions; to not take unnecessary risks, and not do or say things that you can regret later.
- **Self-regulation [self-control]:** Regulate feelings and actions; to be disciplined, and control appetites or emotions.



6. Transcendence: Strengths to build relations in a greater way and provide meaning to life.

Appreciation of beauty and excellence [awe and “enlightment”]: To notice and appreciate beauty, excellence, and other aspects of life as nature or art, mathematics, science, and everyday life.

- **Gratitude:** To be aware and grateful of good things, take time to express gratitude.
- **Hope [optimism, orientation towards the future]:** To expect the best for the future and work towards it; to believe that it is possible to accomplish a great future.
- **Humor [leisure]:** To laugh and have fun, share with other people and see the joy of everyday things; to make jokes or joyful activities.
- **Spirituality [faith, purpose]:** Founded beliefs about the purpose and meaning of the universe; to know our place in this world, and to maintain beliefs about life meaning to guide our conducts and provide comfort.

