

## M BSP Handout 1.3

### Session 1:

## The VIA Classification of Character Strengths



### WISDOM

**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

### COURAGE

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

**Perseverance:** Persistence; industry; finishing what one starts

**Honesty:** Authenticity; integrity; telling the truth

**Zest:** Vitality; enthusiasm; vigor; energy; feeling alive and activated

### HUMANITY

**Love:** Both loving and being loved; valuing close relations with others

**Kindness:** Generosity; nurturance; care; compassion; altruism; "niceness"

**Social Intelligence:** Aware of the motives/feelings of self/others

### JUSTICE

**Teamwork:** Citizenship; social responsibility; loyalty

**Fairness:** Just; not letting feelings bias decisions about others

**Leadership:** Organizing group activities; encouraging a group to get things done

### TEMPERANCE

**Forgiveness:** Mercy; accepting others' shortcomings; giving people a second chance

**Humility:** Modesty; letting one's accomplishments speak for themselves

**Prudence:** Careful; cautious; not taking undue risks

**Self-Regulation:** Self-control; disciplined; managing impulses & emotions

### TRANSCENDENCE

**Appreciation of Beauty and Excellence:** Awe; wonder; elevation; admiration

**Gratitude:** Thankful for the good; expressing thanks; feeling blessed

**Hope:** Optimism; future-mindedness; future orientation

**Humor:** Playfulness; bringing smiles to others; lighthearted

**Spirituality:** Religiousness; faith; purpose; meaning