

# VIA Youth

## 24 Character Strengths & Virtues

### VIRTUE OF *Wisdom*

Strengths that help build your knowledge



**CREATIVITY**  
Clever,  
A Problem-solver



**CURIOSITY**  
Interested, Open to  
new ideas



**JUDGMENT**  
A critical thinker,  
Fact-based and  
logical, Open minded



**LOVE OF  
LEARNING**  
Excited to learn new  
things, Masters new  
skills



**PERSPECTIVE**  
Wise, Gives good  
advice, Sees the big  
picture

### VIRTUE OF *Courage*

Strengths that help handle challenges



**BRAVERY**  
Shows valor, Accepts  
challenges, Faces difficulties,  
Speaks up for what's right



**PERSEVERANCE**  
Hardworking,  
Overcomes obstacles,  
Finishes what is started



**HONESTY**  
Tells the truth, Keeps  
promises, Trustworthy



**ZEST**  
Active, Energetic,  
Enthusiastic

### VIRTUE OF *Humanity*

Strengths that help build relationships



**LOVE**  
Warm and genuine, Prioritizes  
relationships, A good listener



**KINDNESS**  
Caring, Generous,  
Compassionate, Nice



**SOCIAL INTELLIGENCE**  
Understands others, Aware of  
own feelings and thoughts,  
Shows empathy

### VIRTUE OF *Justice*

Strengths that help build community



**TEAMWORK**  
Loyal, A team player, Shows  
responsibility to groups



**FAIRNESS**  
Cares about what's right, Treats  
others fairly, Tries not to be  
biased against certain groups



**LEADERSHIP**  
Encourages others, Organizes  
groups, Sets a good example

### VIRTUE OF *Temperance*

Strengths that help find balance and manage bad habits



**FORGIVENESS**  
Gives others a second  
chance, Accepts others'  
faults, Doesn't hold grudges



**HUMILITY**  
Modest, Puts attention on  
others, Doesn't brag about  
accomplishments



**PRUDENCE**  
Careful, Plans ahead,  
Thinks about consequences  
before acting



**SELF-REGULATION**  
Self-controlled,  
Disciplined, Manages  
feelings and actions

### VIRTUE OF *Transcendence*

Strengths that help one connect outside oneself



**APPRECIATION  
OF BEAUTY &  
EXCELLENCE**  
Feels awe in nature,  
Admires skills of others,  
Inspired by goodness



**GRATITUDE**  
Thankful, Shows  
appreciation, Feels  
blessed



**HOPE**  
Optimistic, Expects  
the best, Excited  
about the future



**HUMOR**  
Playful, Enjoys  
bringing smiles/  
laughter to others,  
Sees the funny side of  
things



**SPIRITUALITY**  
Searches for meaning,  
Feels a sense of  
purpose, Feels  
interconnected with life