

Character Strengths

There are 24 character strengths (CS) that a person can possess, each within a category of six different virtues, which are wisdom, courage, humanity, justice, temperance, and transcendence (Peterson & Seligman, 2004). These CS are reminders of the best qualities of one's personality. CS have value in other areas of human flourishing as well. Character strengths are positively related to academic success (indicators such as GPA) and academic satisfaction (Rashid & Seligman, 2008; Lounsbury, Fisher, Levy & Welsh, 2009). The Values in Action (VIA) provides a survey to measure these 24 strengths. CS that are weaknesses don't have to remain weaknesses. They can be improved. CS are also relevant and promote flourishing– experiencing positive emotions, social experiences and growth that are associated with “happiness, flow, meaning, love, gratitude, accomplishment” and so forth (Seligman, 2012)– in many different domains of life (Wagner, Pindeus, & Ruch, 2021). Because CS are relevant in multiple aspects of life, knowing personal CS can cultivate improvement in those aspects.

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Knowing the best qualities of a person can help improve many aspects of life. One woman, having taken a survey provided by the Values in Action (VIA) Institute on Character about her signature CS, discovered that self-regulation was her 24th or last strength, meaning it was the one she was worst at. Distraught at this discovery, she worked on self-regulation and took the survey again years later. It moved from 24th to second place (Niemic, 2017). CS that are weaknesses don't have to remain weaknesses. They can be improved. CS are also relevant and promote flourishing– experiencing positive emotions, social experiences and growth that are associated with “happiness, flow, meaning, love, gratitude, accomplishment” and so forth (Seligman, 2012)– in many different domains of life (Wagner, Pindeus, & Ruch, 2021). Because CS are relevant in multiple aspects of life, knowing personal CS can cultivate improvement in those aspects.

Overview
Overview on Character Strengths - Novice High
Overview on Character Strengths - Intermediate High
Appreciation of Beauty and Excellence

Appreciation of Beauty and Excellence - Novice High
Appreciation of Beauty and Excellence - Intermediate High
Teamwork
Teamwork - Novice High
Teamwork - Intermediate High
Love of Learning
Love of Learning - Novice High
Love of Learning - Intermediate High
Kindness
Kindness - Novice High
Kindness - Intermediate High
Honesty
Honesty - Novice High
Honesty - Intermediate High
Self-Regulation
Self-Regulation - Novice High
Self-Regulation - Intermediate High
Curiosity
Curiosity - Novice High
Curiosity - Intermediate High
Spirituality
Spirituality - Novice High
Spirituality - Intermediate High
Creativity
Creativity - Novice High
Creativity - Intermediate High



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