







VIA Character Strengths: Overview


There are six VIA classifications with 24 character strengths.


 **Wisdom and Knowledge** – cognitive strengths that include the acquisition and use of knowledge

 **Courage** – emotional strengths that involve the exercise of will to accomplish goals in the face of opposition, external or internal

 **Humanity** – interpersonal strengths that involve tending and befriending others

 **Justice** – civic strengths that underlie healthy community life

 **Temperance** – strengths that protect against excess

 **Transcendence** – strengths that forge connections to the larger universe and provide meaning

Application Question/Activity:

1. Print and review your VIA report.

2. What did you discover from the report about yourself and how you show up in the world?