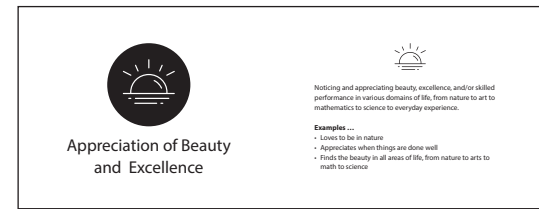
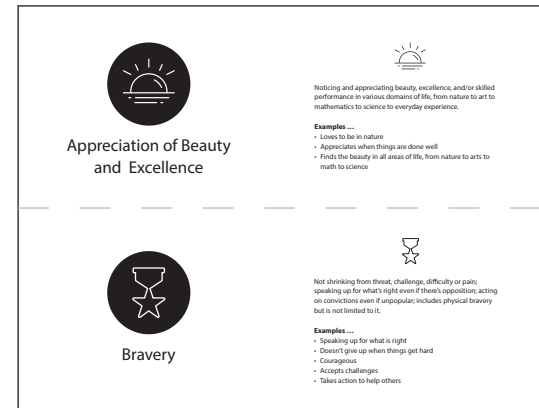
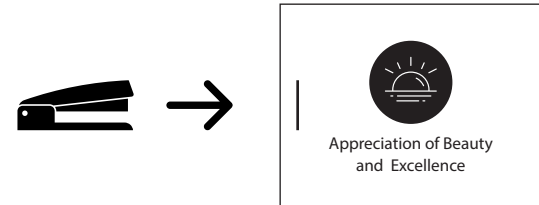


# How to Make Your Character Strength Flashcards

1. Print each sheet.
2. Cut in half longways along the dotted line.
3. Fold each card so icon and title show on one side and the definition shows on the other side.
4. Staple or glue folded sides together.
5. Practice knowing the 24 Character Strengths.
6. Share your Signature Strengths with people you learn, work, live and socialize with. Encourage them to take the VIA Character Survey too!



Fold ↗





## Appreciation of Beauty and Excellence



Noticing and appreciating beauty, excellence, and/or skilled performance in various domains of life, from nature to art to mathematics to science to everyday experience.

### Examples ...

- Loves to be in nature
- Appreciates when things are done well
- Finds the beauty in all areas of life, from nature to arts to math to science



## Bravery



Not shrinking from threat, challenge, difficulty or pain; speaking up for what's right even if there's opposition; acting on convictions even if unpopular; includes physical bravery but is not limited to it.

### Examples ...

- Speaking up for what is right
- Doesn't give up when things get hard
- Courageous
- Accepts challenges
- Takes action to help others



## Creativity



Thinking of novel and productive ways to conceptualize and do things; includes artistic achievement but is not limited to it.

### Examples ...

- Loves using imagination to solve problems
- Trying new and surprising ways to do things
- Artistic
- Making a new complex recipe



## Curiosity



Taking an interest in ongoing experience for its own sake; finding subjects and topics fascinating; exploring and discovering.

### Examples ...

- Investigating a new topic
- Asking other people what they think about things
- Is open to new experiences
- Loves to explore and discover new things



## Fairness



Treating all people the same according to notions of fairness and justice; not letting feelings bias decisions about others; giving everyone a fair chance.

### Examples ...

- Cares about equality
- Speaks up for others
- Believing everyone is good at something
- Treats everyone the same
- Gives everyone a fair chance



## Forgiveness



Forgiving those who have done wrong; accepting others' shortcomings; giving people a second chance; not being vengeful.

### Examples ...

- Is nice even when someone makes a mistake
- Tries not to get angry
- Gives people a second chance
- Doesn't hold a grudge



## Gratitude



Being aware of and thankful for the good things that happen; taking time to express thanks.

### Examples ...

- Says "thank you"
- Is appreciative
- Keeps a gratitude journal
- Notices and celebrates the little things in life



## Honesty



Speaking the truth but more broadly presenting oneself in a genuine way and acting in a sincere way; being without pretense; taking responsibility for one's feelings and actions.

### Examples ...

- Telling the truth
- Saying what is on your mind
- Keeping promises to others
- Saying what you like and don't like
- Admits when you make a mistake
- Acts with integrity



## Hope

Expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about.

**Examples ...**

- Expects the best
- Optimistic
- Believing things will get better even when it is hard



## Humility

Letting one's accomplishments speak for themselves; not regarding oneself as more special than one is.

**Examples ...**

- Puts attention on others
- Doesn't brag about accomplishments
- Gives credit to other people when working together
- Is humble





## Humor



Liking to laugh and tease; bringing smiles to other people; seeing the light side; making (not necessarily telling) jokes.

**Examples ...**

- Seeing the funny side of things
- Loves to make jokes
- Enjoys laughing



## Judgment



Thinking things through and examining them from all sides; not jumping to conclusions; being able to change one's mind in light of evidence; weighing all evidence fairly.

**Examples ...**

- Listens to what other people think
- Critical thinking
- Considers things from all sides, not just their own
- Doesn't jump to conclusions



## Kindness



Doing favors and good deeds for others; helping them; taking care of them.

### Examples ...

- Doing something nice for someone else
- Is generous and selfless
- Sitting next to someone brand new
- Picking up trash on the ground
- Helping someone when they are sick
- Giving someone a compliment



## Leadership



Encouraging a group of which one is a member to get things done and at the same time maintain good relations within the group; organizing group activities and seeing that they happen.

### Examples ...

- Encourages and motivates others
- Sets a good example
- Getting other people excited about an activity
- Listens to opinions and feelings of group members
- Is a good organizer



## Love



Valuing close relations with others, particular those in which sharing and caring are reciprocated; being close to people.

### Examples ...

- Is a good listener
- Good friend to others
- Is trustworthy and trusts others
- Giving hugs to people you love
- Loves to be close to people



## Love of Learning



Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally; related to the strength of curiosity but goes beyond it to describe the tendency to add systematically to what one knows.

### Examples ...

- Asking a lot of questions
- Loves to problem-solve through things
- Reading lots of books
- Saying "tell me more about that please"
- Curious and interested in the world



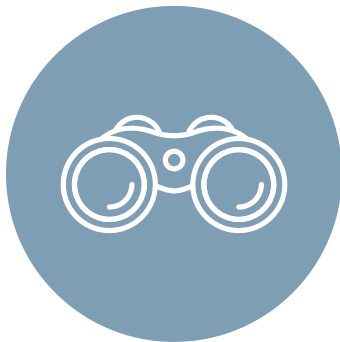
## Perseverance



Finishing what one starts; persevering in a course of action in spite of obstacles; “getting it out the door”; taking pleasure in completing tasks.

### Examples ...

- Saying “I can do this!” when something is hard
- Finishes what they started
- Likes to get things done



## Perspective



Being able to provide wise counsel to others; having ways of looking at the world that makes sense to oneself/others.

### Examples ...

- Thinks about all of the details before making a decision
- Seeing the “big picture”
- Gives good advice to others
- Good listener
- Wisdom



## Prudence



Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted.

**Examples ...**

- Not taking unnecessary risks
- Planning ahead
- Is very careful
- Thinks about the long-term



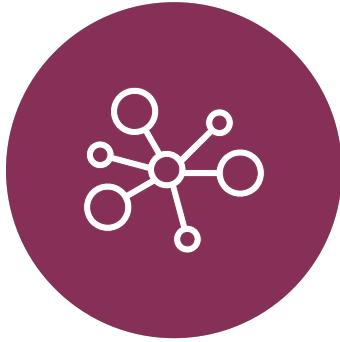
## Self-Regulation



Regulating what one feels and does; being disciplined; controlling one's appetites and emotions.

**Examples ...**

- Manages feelings and actions well
- Takes good care of body and mind
- Loves routines
- Is disciplined



## Social Intelligence



Being aware of the motives/feelings of others and oneself; knowing what to do to fit into different social situations; knowing what makes other people tick.

### Examples ...

- Aware of your own and others thoughts and feelings
- Knows how to make other people happy
- Treats others the way they would like to be treated
- Makes everyone feel comfortable and valued



## Spirituality



Having coherent beliefs about the higher purpose and meaning of the universe; knowing where one fits within the larger scheme; having beliefs about the meaning of life that shape conduct and provide comfort.

### Examples ...

- Feels a strong connection to other people and the planet
- Believes in something bigger than oneself



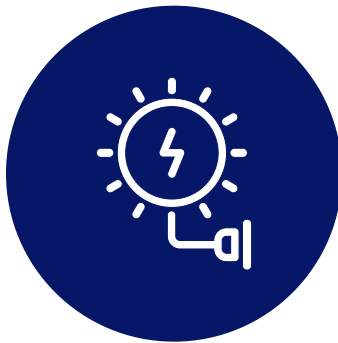
## Teamwork



Working well as a member of a group or team; being loyal to the group; doing one's share.

### Examples ...

- Works well with others
- Is a good communicator
- Is supportive, helpful, and loyal



## Zest



Approaching life with excitement and energy not doing things halfway or half heartedly; living life as an adventure; feeling alive and activated.

### Examples ...

- Living life as an adventure
- Super active and energetic
- Enthusiastic!