

Character Strengths Embodied

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Character Strengths

- Parts of personality universally valued as
 - Good for the individual AND
 - Good for society
- Help answer
 - Who am I?
 - What makes me tick?
 - How can I contribute to the greater good?
- Constellations of feelings, thoughts, behaviors

NOT...

- Pop Psychology



- Pigeonholing



- Moral Arrogance



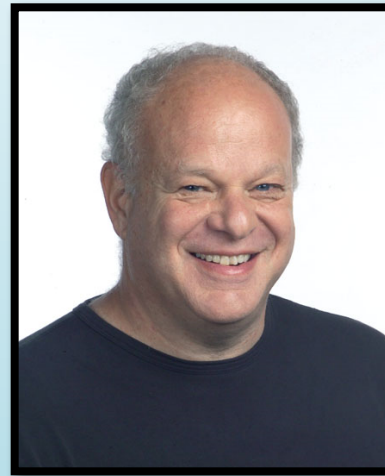
Character: Definition

The aggregate of universally valued personality characteristics that distinguish one person from another



The VIA Initiative

- 3 years – 2000-2003
- 55 renowned scientists and practitioners
- Aim: What's Best



The VIA Initiative

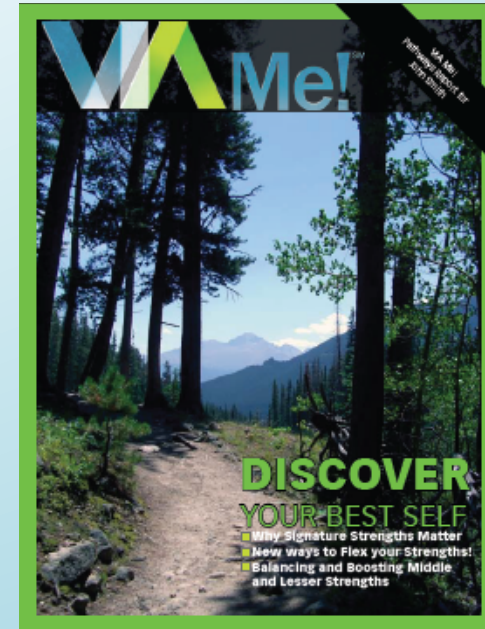


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- Aim: What's Best
- Products:
 - VIA Classification



The VIA Initiative

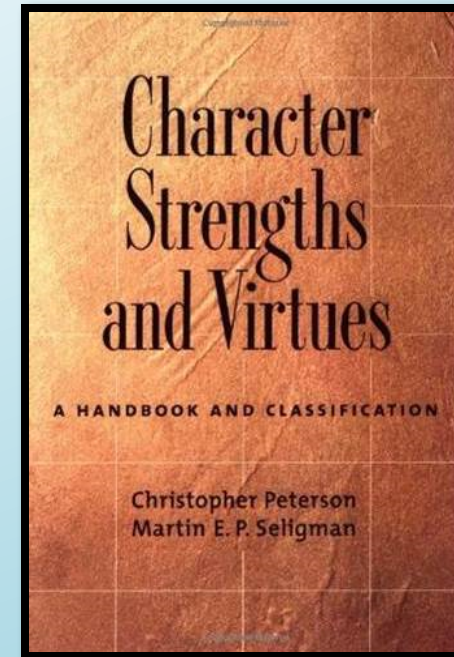
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The VIA Initiative



- 3 years – 2000-2003
- 55 renowned scientists and practitioners
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 - VIA Classification
 - VIA Surveys
 - CSV Handbook



Extinction Exercise

- Discuss:
 - Most important to protect
 - Allow to become extinct
- How might that change the trajectory of human development?

VIA Classification of Character Strengths and Virtues

The Character Strengths of a Flourishing Life

WISDOM	COURAGE	HUMANITY	JUSTICE	TEMPERANCE	TRANSCENDENCE
<small>Good with Permission © 2009 VIA Institute on Character. All Rights Reserved</small>  Creativity Originality; adaptive; ingenuity	<small>Good with Permission © 2009 VIA Institute on Character. All Rights Reserved</small>  Bravery Valor; not shrinking from fear; speaking up for what's right	<small>Good with Permission © 2009 VIA Institute on Character. All Rights Reserved</small>  Love Both loving and being loved; valuing close relations with others	<small>Good with Permission © 2009 VIA Institute on Character. All Rights Reserved</small>  Teamwork Citizenship; social responsibility; loyalty	<small>Good with Permission © 2009 VIA Institute on Character. All Rights Reserved</small>  Forgiveness Mercy; accepting others' shortcomings; giving people a second chance	<small>Good with Permission © 2009 VIA Institute on Character. All Rights Reserved</small>  Appreciation of Beauty and Excellence Awe; wonder; elevation
<small>Good with Permission © 2009 VIA Institute on Character. All Rights Reserved</small>  Curiosity Interest; novelty-seeking; exploration; openness to experience	<small>Good with Permission © 2009 VIA Institute on Character. All Rights Reserved</small>  Perseverance Persistence; industry; finishing what one starts	<small>Good with Permission © 2009 VIA Institute on Character. All Rights Reserved</small>  Kindness Generosity; nurturance; care; compassion; altruism; "niceness"	<small>Good with Permission © 2009 VIA Institute on Character. All Rights Reserved</small>  Fairness Just; not letting feelings bias decisions about others	<small>Good with Permission © 2009 VIA Institute on Character. All Rights Reserved</small>  Humility Modesty; letting one's accomplishments speak for themselves	<small>Good with Permission © 2009 VIA Institute on Character. All Rights Reserved</small>  Gratitude Thankful for the good; expressing thanks; feeling blessed
<small>Good with Permission © 2009 VIA Institute on Character. All Rights Reserved</small>  Judgment Critical thinking; thinking things through; open-minded	<small>Good with Permission © 2009 VIA Institute on Character. All Rights Reserved</small>  Honesty Authenticity; integrity	<small>Good with Permission © 2009 VIA Institute on Character. All Rights Reserved</small>  Social Intelligence Emotional intelligence; aware of the motives/feelings of self/others; knowing what makes other people tick	<small>Good with Permission © 2009 VIA Institute on Character. All Rights Reserved</small>  Leadership Organizing group activities; encouraging a group to get things done	<small>Good with Permission © 2009 VIA Institute on Character. All Rights Reserved</small>  Prudence Careful; cautious; not taking undue risks	<small>Good with Permission © 2009 VIA Institute on Character. All Rights Reserved</small>  Hope Optimism; future-mindedness; future orientation
<small>Good with Permission © 2009 VIA Institute on Character. All Rights Reserved</small>  Love of Learning Mastering new skills & topics; systematically adding to knowledge	<small>Good with Permission © 2009 VIA Institute on Character. All Rights Reserved</small>  Zest Vitality; enthusiasm; vigor; energy; feeling alive and activated			<small>Good with Permission © 2009 VIA Institute on Character. All Rights Reserved</small>  Self-Regulation Self-control; disciplined; managing impulses & emotions	<small>Good with Permission © 2009 VIA Institute on Character. All Rights Reserved</small>  Humor Playfulness; bringing smiles to others; lighthearted
<small>Good with Permission © 2009 VIA Institute on Character. All Rights Reserved</small>  Perspective Wisdom; providing wise counsel; taking the big picture view					<small>Good with Permission © 2009 VIA Institute on Character. All Rights Reserved</small>  Spirituality Religiousness; faith; purpose; meaning



VIA INSTITUTE ON
CHARACTER

{where the world finds strength}

www.viacharacter.org

Features

- ALL 24 in DIFFERENT patterns *and* degrees
- Learnable
- Signature
- Situational
- Overuse
- Underuse
- Towing



OPENNESS

NEUROTIC

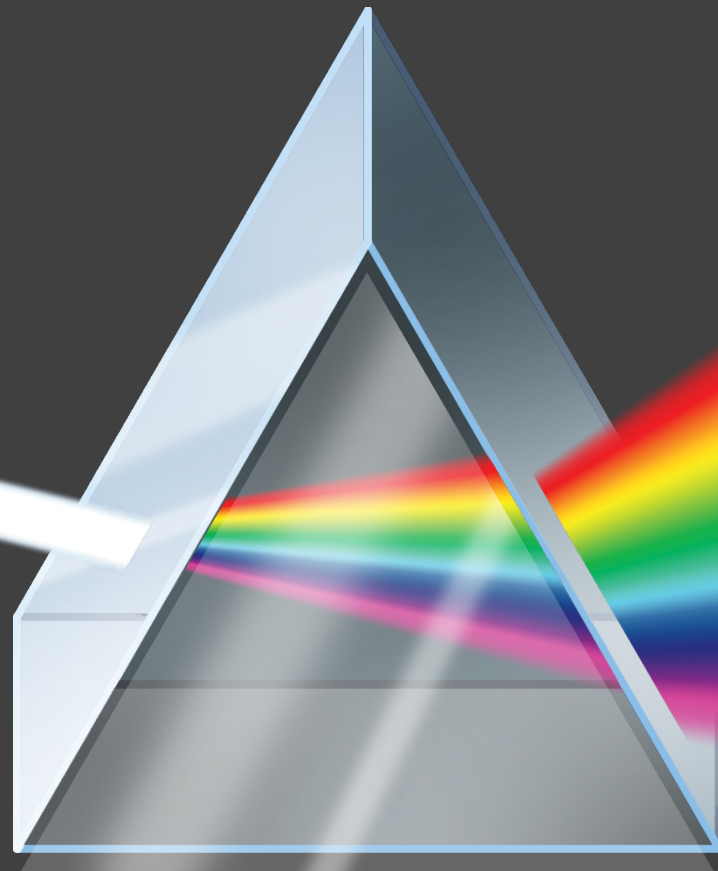


AGREEABLE

CONSCIENTIOUS

EXTROVERTED

CHARACTER
STRENGTHS



Productivity

Well-Being

Collective Good

Groundbreaking

“...One of the most important initiatives in psychology of the past half century.”

Howard Gardner, Ph.D. , Harvard Graduate School of Education

Why: Impact



Check out the separate links to:

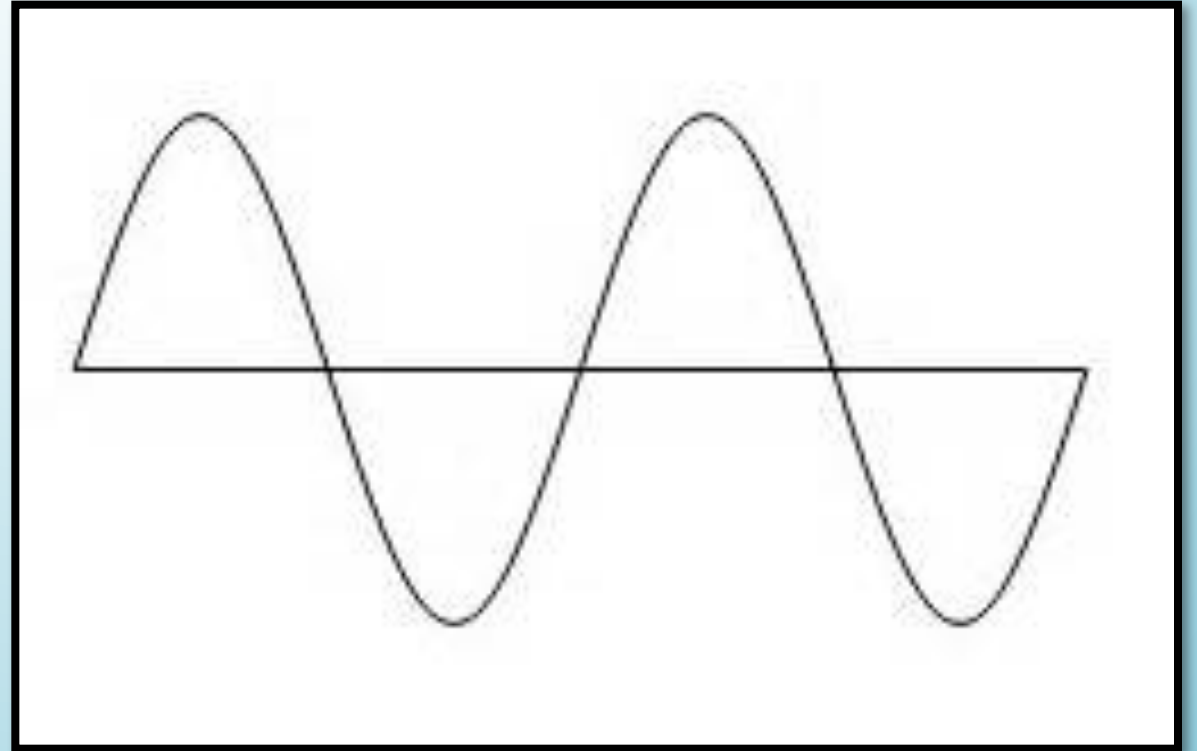
Newark Boys Chorus School & the VIA Survey

Rodney's Story: Rebuilding a Life Through Character
Strengths

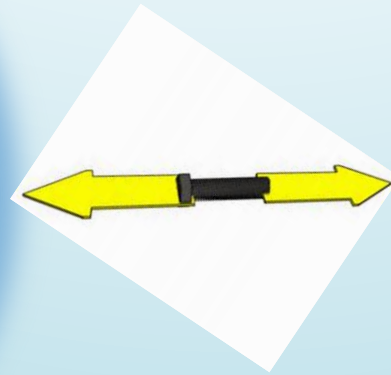
Sine Curve of Life

ASPIRATIONS

CHALLENGES



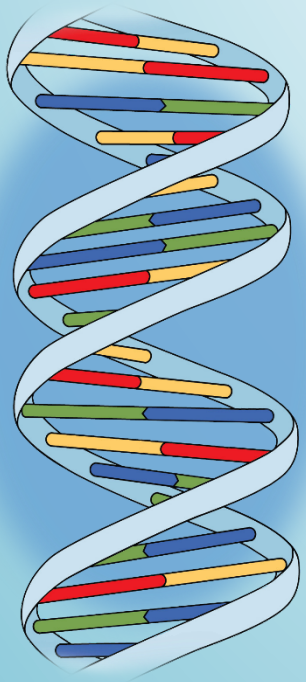
Fractured Being





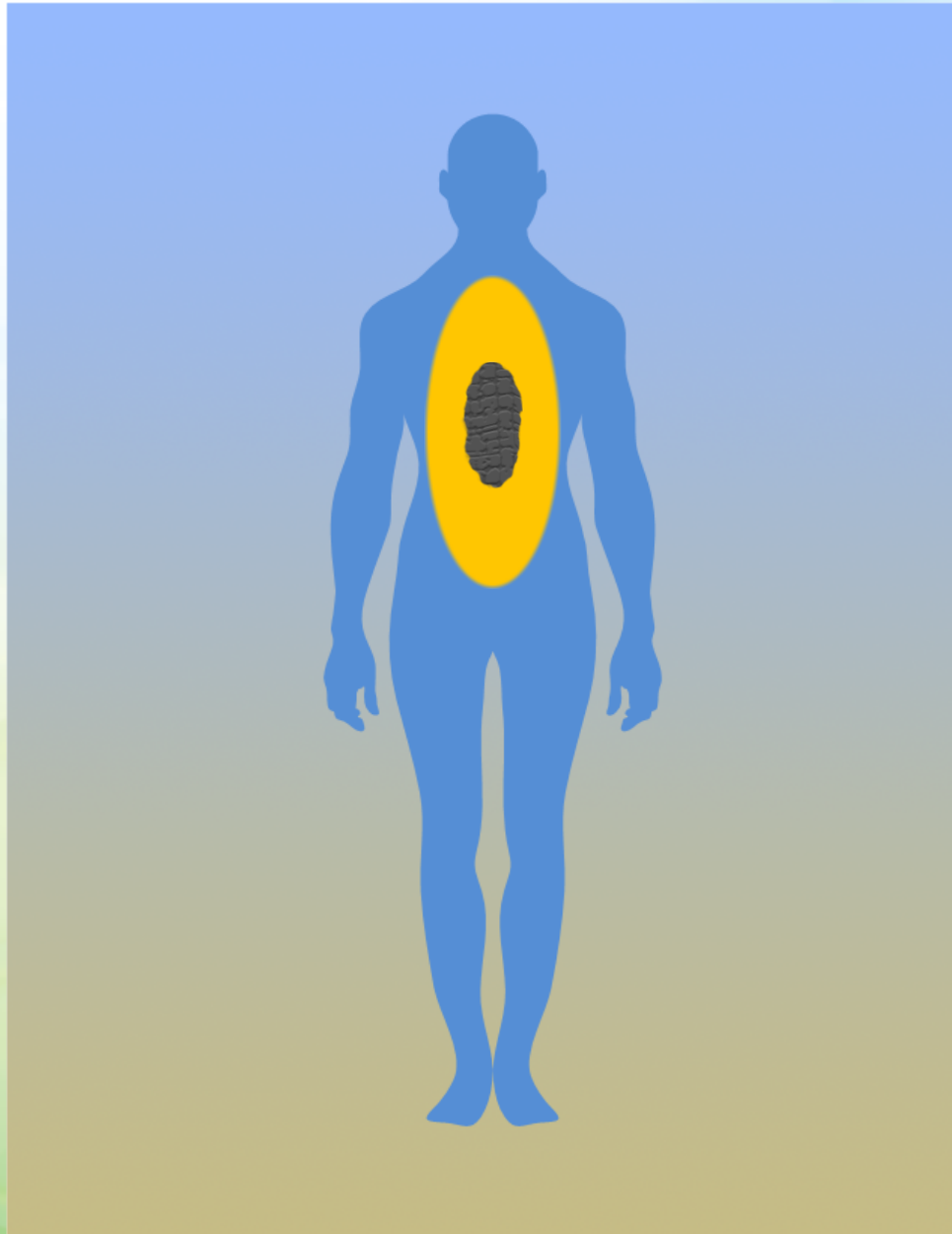
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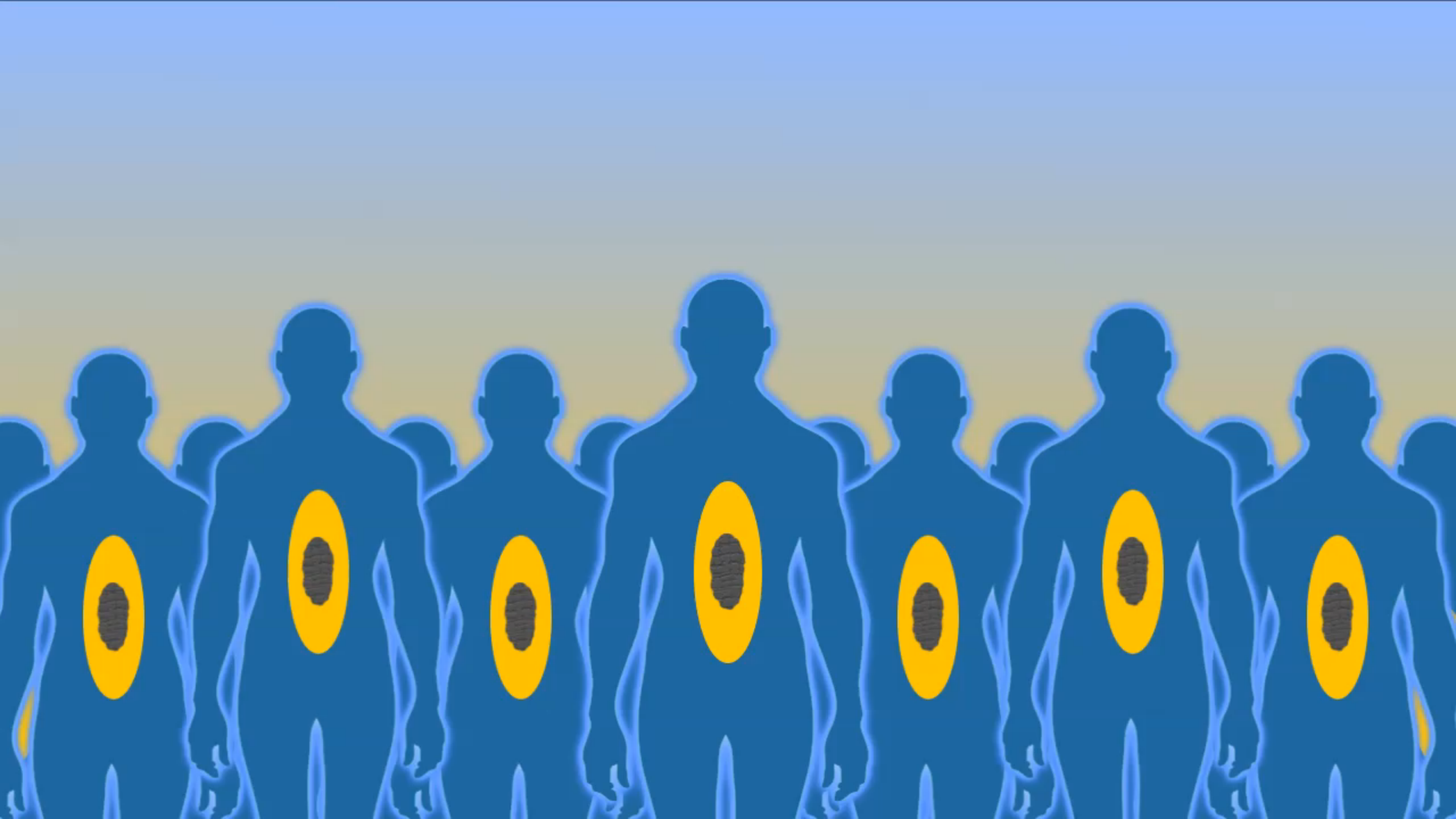
Father and Son – Cat Stevens

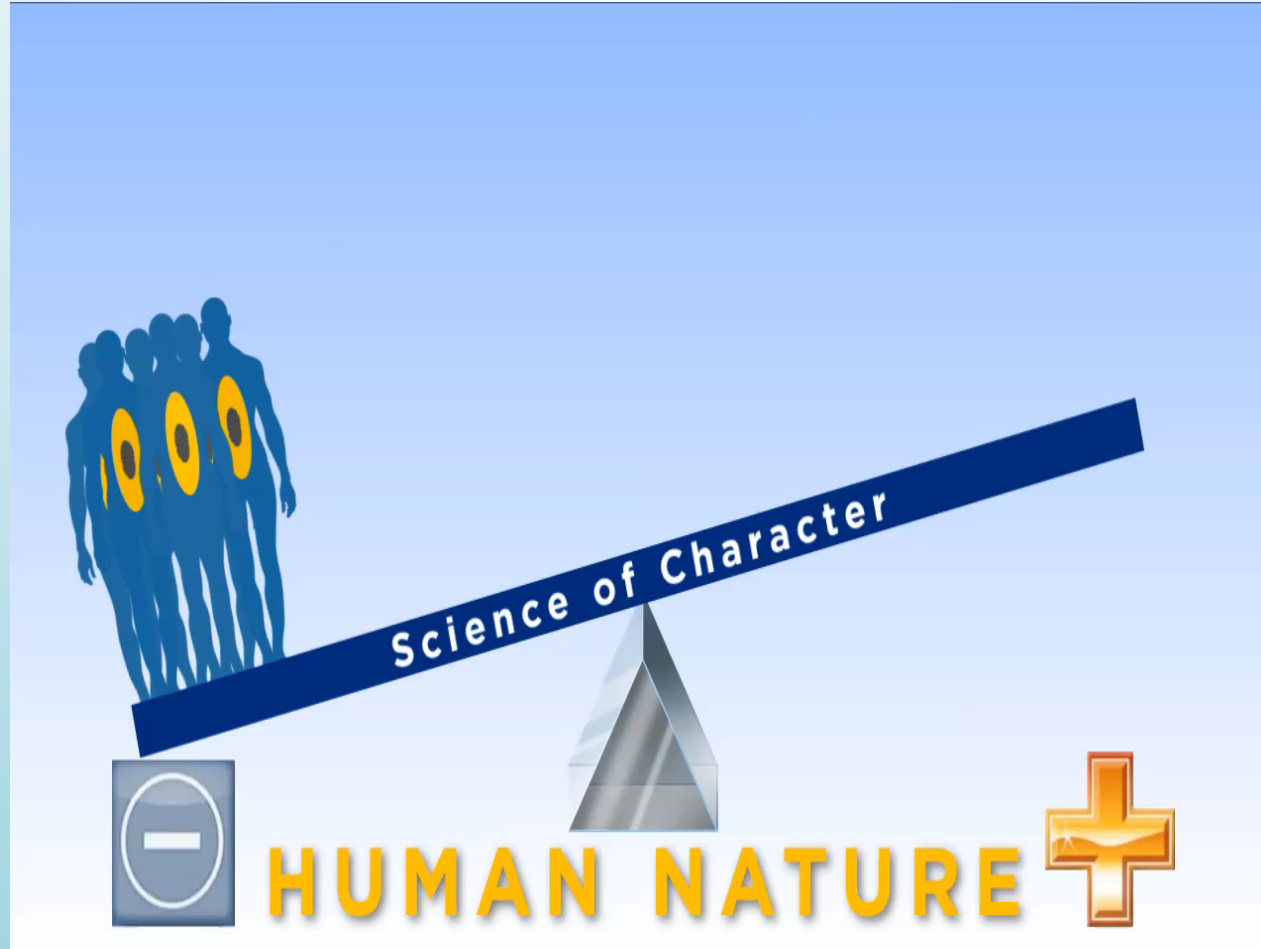


Check out the separate link to:

LeighAndria Young “6:58” Poem







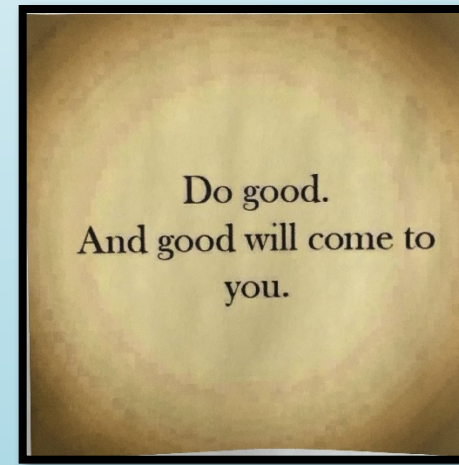
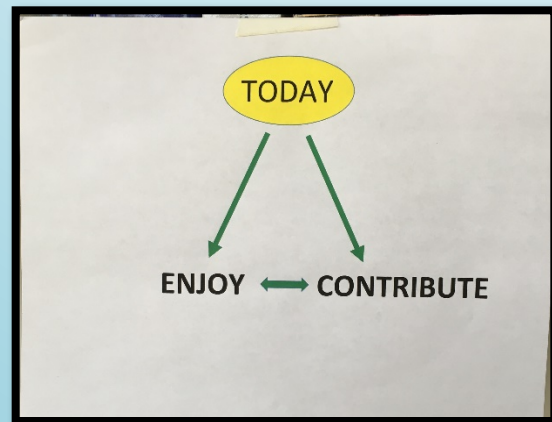
Father



To Be vs To Do

If you commit to attending to your **To Be** List every day for 6 months

- What will your life feel like?
- What will be different?



Positive Whole Being

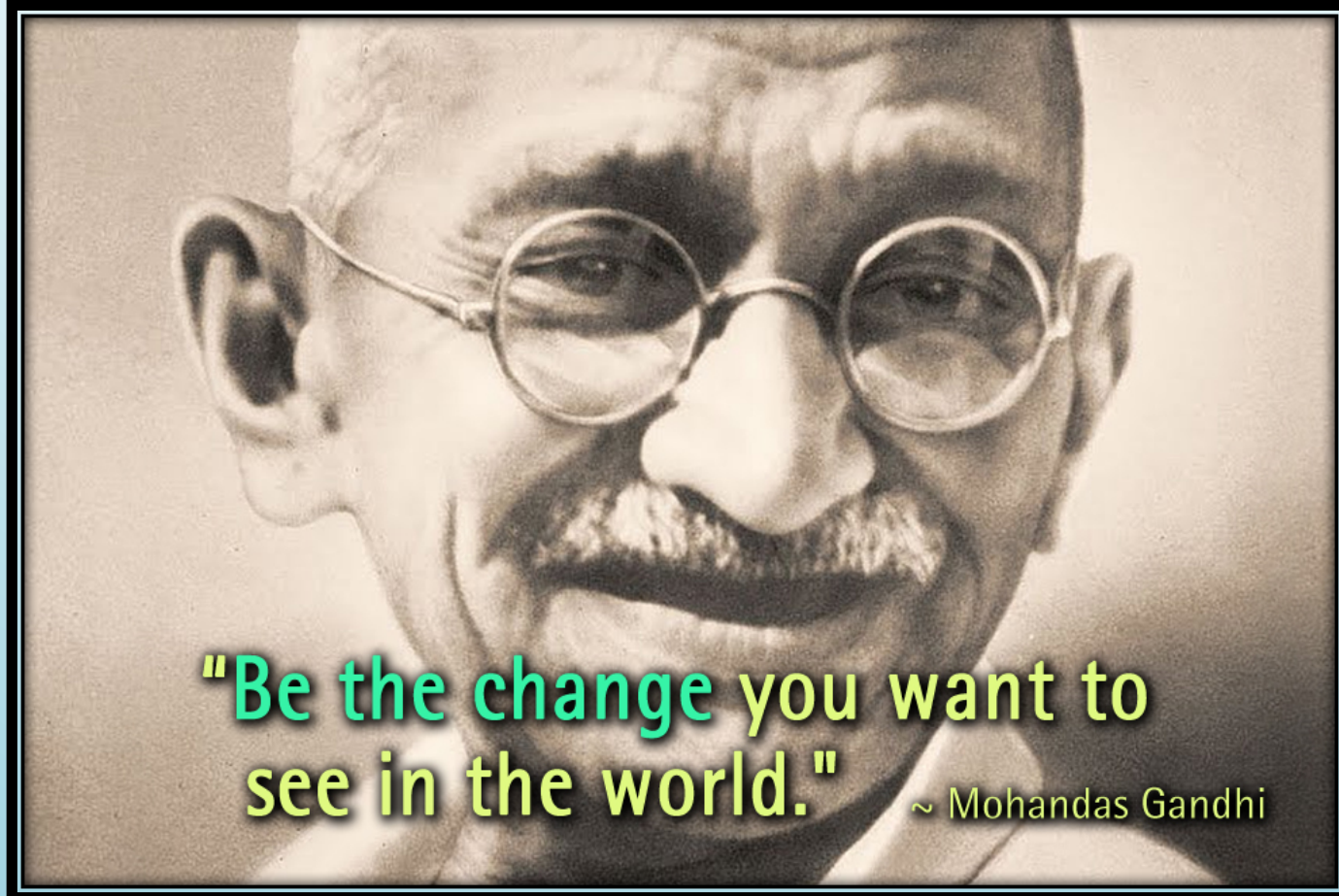
“If you ask me what I came to do in this world...

I am here to live out loud.”

Emile Zola



BEGINNING



"Be the change you want to
see in the world."

~ Mohandas Gandhi

Newtown - Resilience

