VIA Strengths Chart: What Are Your Neurological Superpowers?



TRANSCENDENCE

APPRECIATION OF
BEAUTY & EXCELLENCE

You notice and appreciate beauty and excellence in all domains of life.



COURAGE

BRAVERY

You do not shrink from threat, challenge difficulty, or pain.



WISDOM

CREATIVITY

Thinking of new ways to do things is a crucial part of who you are.



WISDOM

CURIOSITY

You like exploration and discovery.



JUSTICE

FAIRNESS

One of your abiding principles is to treat all people fairly.



TEMPERANCE

FORGIVENESS

You forgive those who have done you wrong.



TRANSCENDENCE

GRATITUDE

You are aware of good things that happen and don't take them for granted.



COURAGE

HONESTY

You live your life in a genuine and authentic way.



TRANSCENDENCE

HOPE

You expect the best in the future, and you work to achieve it.



TEMPERANC

HUMILITY

You do not seek the spotlight and others value your modesty.



TRANSCENDENCE

HUMOR

Bringing smiles to other people is important to you.



WISDOM

JUDGMENT

You think things through and examine them from all sides.



HUMANITY

KINDNESS

You are kind and generous to others.



JUSTICE

LEADERSHIP

You excel at encouraging a group to get things done.



HUMANITY

LOVE

You value close relationships with others.



WISDOM

LOVE OF LEARNING

You have a passion for mastering new skills, topics, and bodies of knowledge.



COURAGE

PERSEVERANCE

You work hard to finish what you start.



WISDOM

PERSPECTIVE

People who know you consider you wise.



PRUDENCE

You are a careful person.



TEMPERANO

SELF-REGULATION

You are a disciplined person.



HUMANITY

SOCIAL INTELLIGENCE

You know how to fit in to different social situations.



TRANSCENDENCE

SPIRITUALITY

Your beliefs shape your actions and are a source of comfort to you.



JUSTICE

TEAMWORK

You excel as a member of a group.



COURAGE

ZEST

You approach everything you do with excitement and energy.

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