

LEVERAGE YOUR CHARACTER STRENGTHS

Understanding our best qualities helps us bring those strengths to our relationships, work, goals, and to face challenges.

Can you identify your best traits?

There are 24 commonly known character strengths categorized into six virtues.

HUMANITY

- kindness
- love
- social intelligence

JUSTICE

- fairness
- leadership
- teamwork

COURAGE

- bravery
- honesty
- perseverance
- zest

TEMPERANCE

- forgiveness
- humility
- prudence
- self-regulation

WISDOM

- creativity
- curiosity
- judgment
- love of learning
- perspective

TRANSCENDENCE

- appreciation of beauty & excellence
- gratitude
- hope
- humor
- spirituality

How can I use my strengths?

Everyone has a unique profile of strengths. Identify your top strengths and reflect on how you can take purposeful action in bringing those qualities to your home and work. For example:



Humility – Ask others how to do something when you don't know the right way.



Leadership – Take the lead to connect with Family and friends by organizing an online chat.



Bravery – Speak up when you notice harmful behavior.



Visit [ViaCharacter.org](https://www.viacharacter.org) to take the VIA Survey for your personalized character strength profile:

<https://www.viacharacter.org/character-strengths>.

For more ways to strengthen your resilience, connect with us at:

@ArmyResilience  