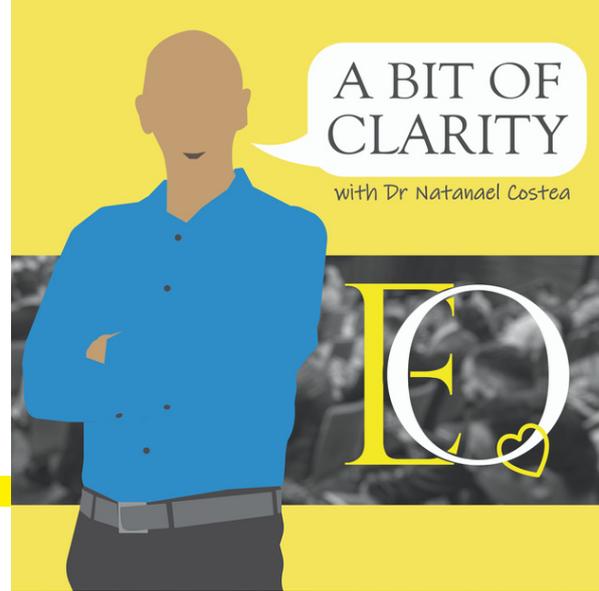


EP 010 CHARACTER STRENGTHS



SHOW NOTES

OBJECTIVE

> Develop an understanding of your character strengths.

UNDERSTANDING CHARACTER STRENGTHS

> Character strengths and virtues are central to emotional intelligence. The VIA (www.viacharacter.org) survey is the psycho-metrically validated personality test used in this science of psychology. It measures an individual's character strengths: the core personality capacities for thinking, feeling and behaving in positive ways.

> As many as 250 research studies have been conducted on character strengths, shedding light on the positive capacities most related to happiness and success. There are 24 character strengths grouped in six virtue categories.

CHARACTER STRENGTHS

> **Virtue One. Wisdom & Knowledge.** 1. Curiosity/Interest in the World. 2. Love of Learning. 3. Judgment / Critical Thinking / Open-mindedness. 4. Creativity / Originality / Practical Intelligence / Street Smart. 5. Social Intelligence / Personal Intelligence. 6. Perspective.

> **Virtue Two. Courage.** 7. Bravery / Valor. 8. Perseverance / Grit / Industry / Diligence. 9. Honesty / Integrity / Genuineness.

> **Virtue Three. Humanity & Love.** 10. Kindness / Generosity. 11. Loving and Allowing Oneself to Be Loved. 12. Teamwork / Citizenship / Loyalty. 13. Fairness / Equity. 14. Leadership.

> **Virtue Four. Temperance.** 15. Self-regulation / Self-control. 16. Prudence / Discretion / Caution. 17. Humility / Modesty.

> **Virtue Five. Transcendence.** 18. Appreciation of Beauty and Excellence. 19. Gratitude. 20. Hope / Optimism / Future-mindedness. 21. Spirituality / Sense of Purpose / Faith / Religiousness. 22. Forgiveness / Mercy. 23. Humor / Playfulness. 24. Zest / Passion / Enthusiasm.

APPLICATION

> Undertake the VIA (www.viacharacter.org) survey (free version is fine) and go through the order of your character strengths celebrating your top 10 and intently doing something to strengthen your bottom three.

RESOURCES

> More from Dr Natanael Costea: www.eq.org.au

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