



The 24 Values in Action (VIA)

Character Strengths with Animals

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Values in Action- Strengths Inventory
from Peterson & Seligman, 2004



Creative

I have many ideas. I like to invent new things.
My life is colourful.



HUMMINGBIRD



Curious

I like new things. I want to know everything.
My life is exciting.



SQUIRREL



Judgement

I can solve difficult problems. In a conflict, I can understand both sides.
I make smart decisions.



MONKEY



Love of learning

I like to understand new things.

I always want to know more. My life is about learning.



PARROT



Wise

I listen very carefully. I have a lot of experience.
Other people like to ask for my advice.



OWL



Authentic

I am always honest. I keep my promises.
I am me.



HORSE



Courage

I state my opinion. I can overcome fear.
I tackle my problems.



DEER



Perseverance

I don't give up. I don't let myself get distracted.
I keep following my goals.



CAMEL



Enthusiastic

I have a lot of energy. I look forward to each new day. My life is great.



DOG



Friendly

I am kind. I like to help others.
I make my friends happy.



RABBIT



Love

Other people matter a lot to me. I love my family.
In my life my friends are very important.

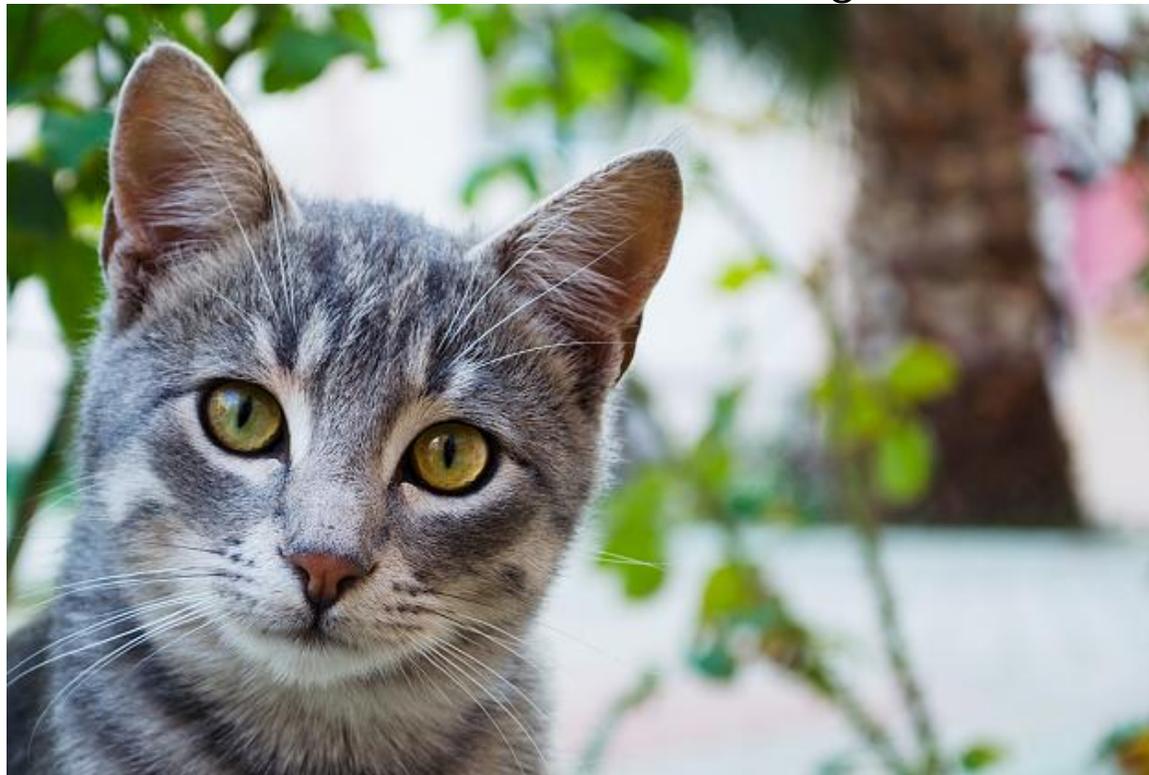


ELEPHANT



Social Intelligence

I know how I feel. I know what other people need.
I sense when a friend is feeling bad.



CAT



Teamwork

I like to share my life with others. I prefer to work in a group.
I can find my place in a team.



WILD GOOSE



Leadership

I can plan for a group. Others listen to me.
I help everybody work together.



LION



Fair

Everyone has the same rights. Everyone is equally important.
I help everybody to speak up.



DUCK



Forgive

I can forgive people who have hurt me. I can stop people quarrelling.
I am open to making a fresh start.



DOVE



Modest

I prefer to let others talk. I admit my faults.
I don't like to be in the spotlight.



ROE DEER



Careful

I am cautious. I think before I act.
I know right from wrong.

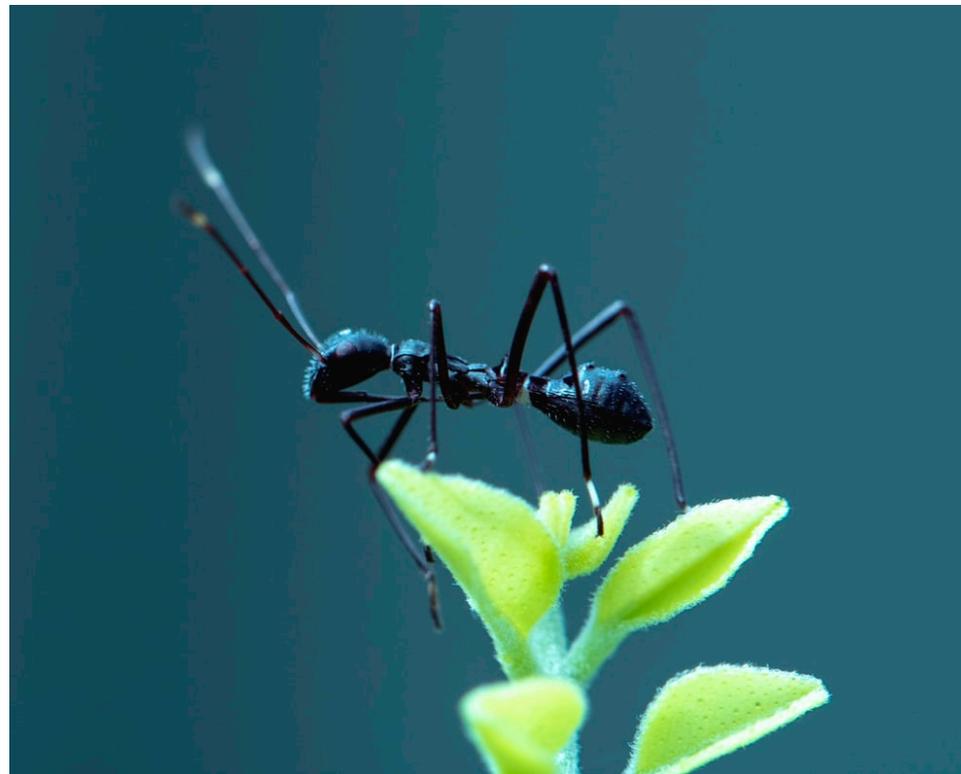


TURTLE



Self-control

I follow my plan. I do my work on time.
I finish what I have started.



ANT



Sense of beauty

I love beautiful things. Nature and art mean a lot to me.
I cherish the beauty in the world.



BUTTERFLY



Gratitude

I cherish the good things in my life.
I express my gratitude to others.



LADYBUG



Hope

I can find something good in every situation.
I believe the best is still to come.



GIRAFFE



Humour

I like to laugh. I like to make others laugh.
My humour is infectious.



DOLPHIN



Spiritual

A higher power is watching over me.
God comforts me and loves me.



EAGLE