



# **THE POSITIVITY PROJECT**

**Character Strength Cards**

**Grades 6-8**



# APPRECIATION OF BEAUTY AND EXCELLENCE

VIA Survey calls this strength appreciation of beauty and excellence.

**Virtue: Transcendence.** These strengths allow people to rise above their trouble and find meaning in the larger universe. Strengths of transcendence are appreciation, purpose, gratitude, optimism, and humor.



## WHAT DOES APPRECIATION OF BEAUTY AND EXCELLENCE MEAN?

You notice and value the world's beauty and people's skills. You don't take things for granted.

## WHY DOES THIS MATTER?

Appreciating beauty and excellence helps a person experience positive emotions and connect to the world around them. When you identify and enjoy what is impressive in the world (physical beauty, an exceptional skill or talent, or character strengths), it allows you to focus on a sense of awe or admiration instead of anxieties or troubles.

## QUOTES ON APPRECIATION

*"Everything has beauty, but not everyone sees it."*  
-Confucius

*"Think of all the beauty still left around you and be happy."*  
-Anne Frank

*"By appreciation, we make excellence in others our own property."*  
-Voltaire

*"What you truly acknowledge truly is yours. Invite your heart to be grateful and your thank you's will be heard even when you don't use words."*  
-Pavithra Mehta





# BRAVERY

VIA Survey calls this strength Bravery

**Virtue: Courage.** Strengths of courage involve applying will and fortitude in overcoming internal or external resistance to accomplish goals. Strengths comprised in this virtue are bravery, perseverance, integrity, and enthusiasm.



## WHAT DOES BRAVERY MEAN?

You act with mental, moral, or physical strength even when you know things are difficult or scary.

## WHY DOES THIS MATTER?

Finding strength to overcome our fears is an important part of growing up. A person can be brave every single day. For example, some people with social anxiety are brave just by leaving their house and talking with people. Physical bravery allows us to overcome fears, such as swimming or playing a sport. Moral bravery is doing the right thing, even when those around us choose not to.



## QUOTES ON BRAVERY

*"She stood in the storm, and when the wind did not blow her away, she adjusted her sails."*

**-Elizabeth Edwards**

*"A brave man, a real fighter is not measured by how many times he falls, but how many times he stands up."*

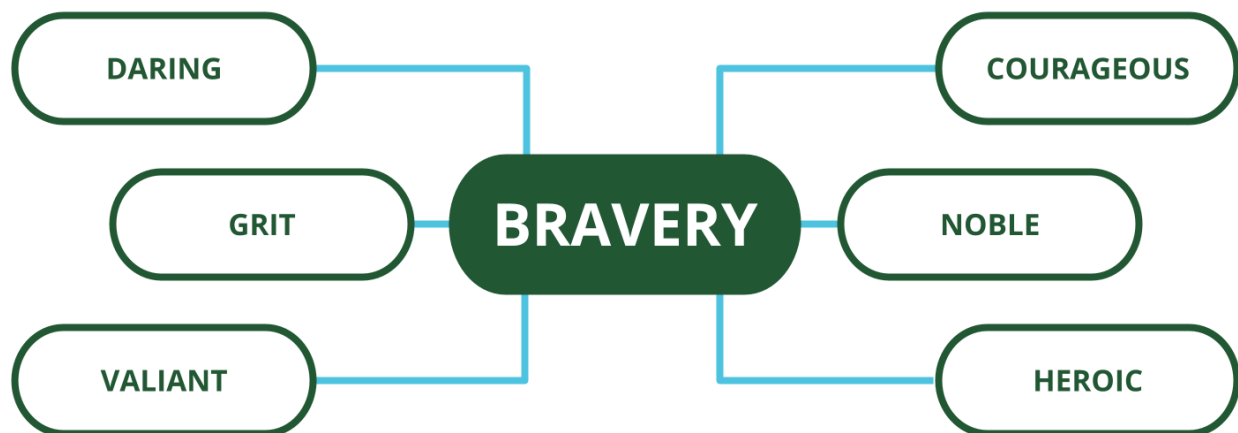
**-Rickson Gracie**

*"When dark situations arise, it is an opportunity for you to reveal the leader in you. Rise and deal with them."*

**-Israelmore Ayivor**

*"Nobody but you have to believe in your dreams to make them a reality."*

**-Germany Kent**





# CREATIVITY

VIA Survey calls this strength Creativity.

**Virtue: Wisdom and Knowledge.** Strengths of wisdom and knowledge are cognitive strengths related to acquiring and using information. This virtue includes creativity, curiosity, open-mindedness, love of learning, and perspective.



## WHAT DOES CREATIVITY MEAN?

You come up with new and original ways to think about and do things.

## WHY DOES THIS MATTER?

Creativity has to do with intrinsic motivation - the work is accomplished to use your talents and potential, not to receive a reward. Creative people are happy to come up with lots of different ideas and can pursue them with energy and enthusiasm. Creativity helps us solve seemingly impossible problems, create things we never knew we wanted, and see the world in a new way.



## QUOTES ON CREATIVITY

*"Imagination is everything. It is the preview of life's coming attractions."*

**-Albert Einstein**

*"The creative process is one of surrender, not control."*

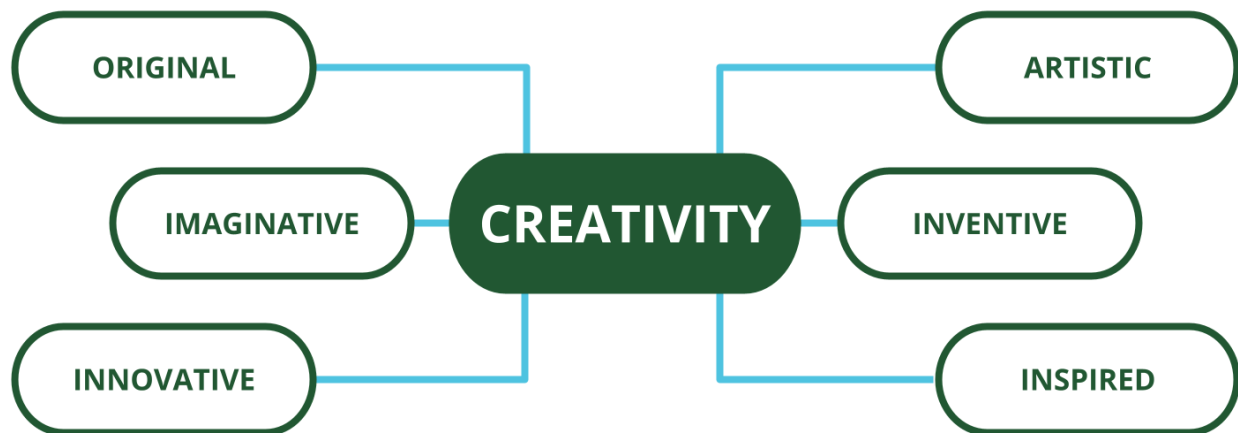
**-Bruce Lee**

*"Creativity is inventing, experimenting, growing, taking risks, breaking rules, making mistakes, and having fun."*

**-Mary Lou Cook**

*"Painting is easy when you don't know how, but very difficult when you do."*

**-Edgar Degas**





# CURIOSITY

VIA Survey calls this strength Curiosity.

**Virtue: Wisdom and Knowledge.** Strengths of wisdom and knowledge are cognitive strengths related to acquiring and using information. This virtue includes creativity, curiosity, open-mindedness, love of learning, and perspective.



## WHAT DOES CURIOSITY MEAN?

You like exploration and discovery. You ask lots of questions because you want to learn more about anything and everything.

## WHY DOES THIS MATTER?

Curious people are more likely to ask questions and try new things, which is how we learn and grow. Curiosity is a form of courage because everyone is curious, but not everyone is willing to experience it. Practicing curiosity has many important benefits and is a defining element of human success.



## QUOTES ON CURIOSITY

*"Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement."*

**-Golda Meir**

*"The power to question is the basis of all human progress."*

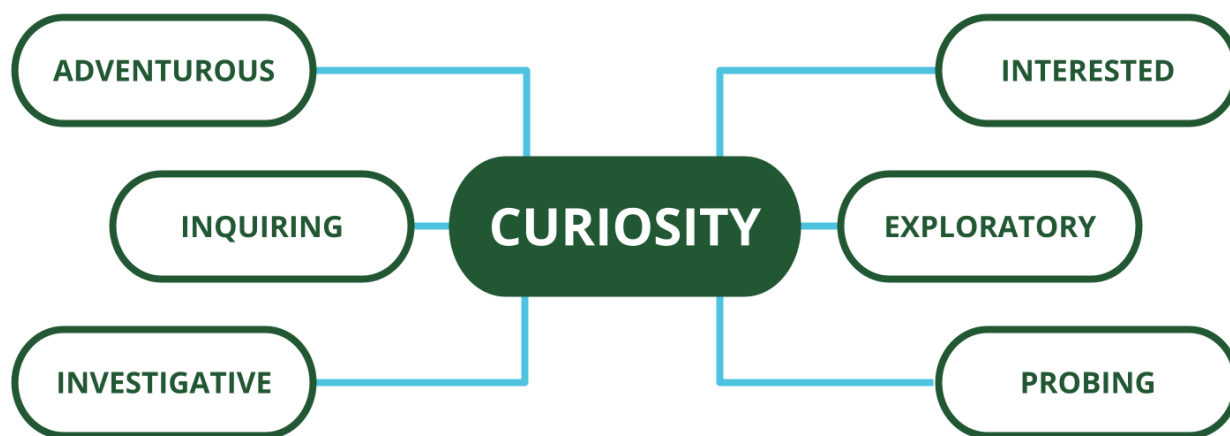
**-Indira Ghandi**

*"Skepticism is the first step towards the truth."*

**-Denis Diderot**

*"It would be better for us to have some doubts in an honest pursuit of truth, than it would be for us to be certain about something that was not true."*

**-Daniel Wallace**





# ENTHUSIASM

VIA Survey calls this strength Zest.

**Virtue: Courage.** Strengths of courage involve applying will and fortitude in overcoming internal or external resistance to accomplish goals. Strengths comprised in this virtue are bravery, perseverance, integrity, and enthusiasm.



## WHAT DOES ENTHUSIASM MEAN?

You approach life with excitement and energy. You energize people around you.

## WHY DOES THIS MATTER?

Enthusiasm can be directly tied to high levels of success, happiness, and achievement. Enthusiasm is contagious, so it often leads to more involvement and engagement for individuals and groups. Enthusiastic people are identified as leaders and innovators because of their excitement about a task or project.



## QUOTES ON ENTHUSIASM

*"Enthusiasm is the electricity of life. How do you get it? You act enthusiastic until you make it a habit."*

**-Gordon Parks**

*"The enthusiastic person will find ways around any setback, they may fall, but they are quick to stand up again."*

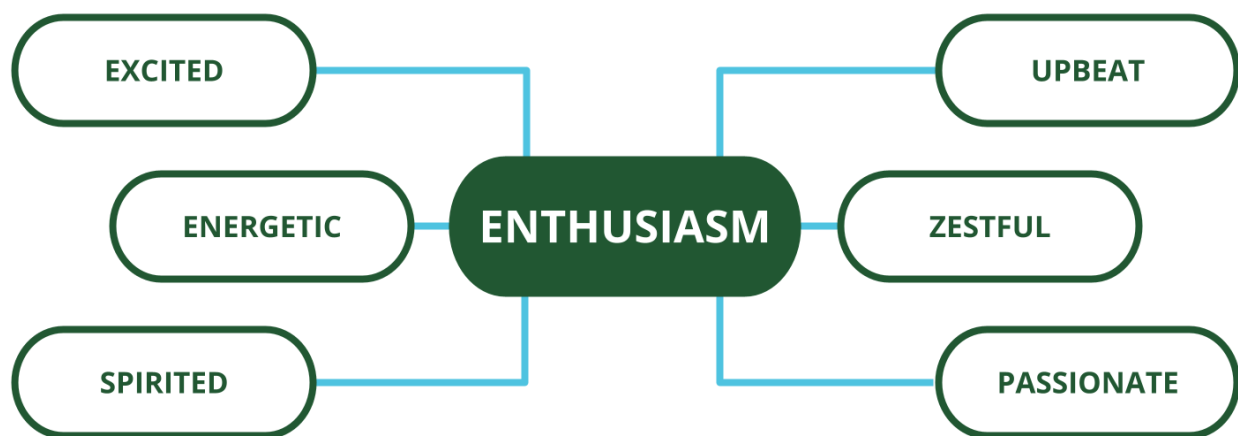
**-Catherine Pulsifer**

*"Every production of genius must be the production of enthusiasm."*

**-Benjamin Disraeli**

*"I play to win, whether during practice or a real game. And I will not let anything get in the way of me and my competitive enthusiasm to win."*

**-Michael Jordan**





# FAIRNESS

VIA Survey calls this strength Fairness

**Virtue: Justice.** Strengths of justice refer to the optimal relationship the individual and the group or community, rather than the more one-to-one relationships in the humanity virtue. These strengths include teamwork, fairness, and leadership.



## WHAT DOES FAIRNESS MEAN?

You believe that all people have value. You approach situations with an unbiased mindset and treat everyone with respect.

## WHY DOES THIS MATTER?

Fairness helps people to become trustworthy friends, responsible citizens, and generally moral people. People who are fair are often able to “put themselves in another’s shoes” which helps them to solve interpersonal and group relationship challenges.

## QUOTES ON FAIRNESS

*“A fair-minded person tries to see both sides of an argument.”*

**–Aesop**

*“I speak to everyone in the same way, whether he is the garbage man or the president of the university.”*

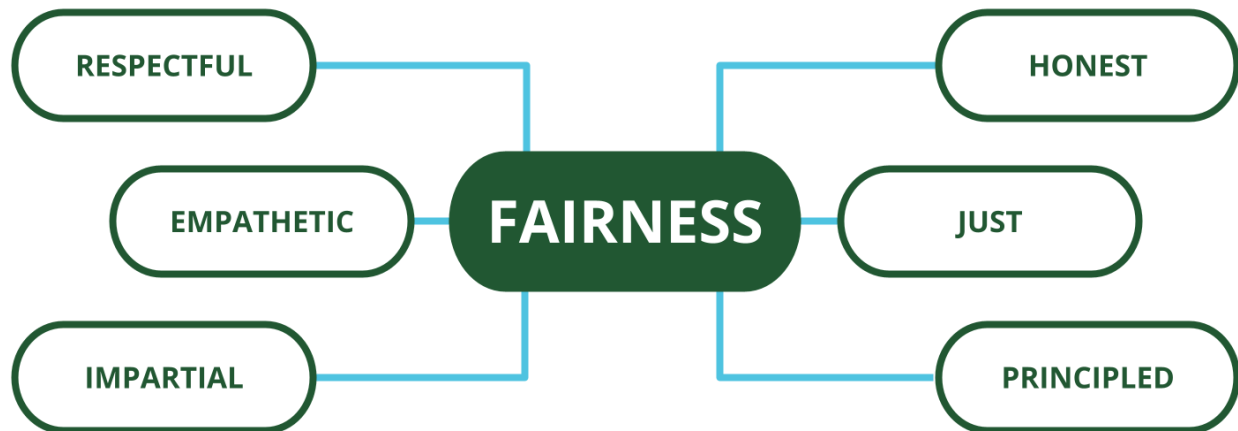
**–Albert Einstein**

*“Win or lose, do it fairly.”*

**–Knut Rockne**

*“You never really understand a person until you consider things from his point of view.”*

**–Harper Lee**





# FORGIVENESS

VIA Survey calls this strength Forgiveness

**Virtue: Temperance.** Strengths of temperance protect us from excess. Strengths comprised in this virtue are forgiveness, humility, prudence, and self-control.



## WHAT DOES FORGIVENESS MEAN?

You forgive those who have done wrong.  
You accept that people make mistakes.

## WHY DOES THIS MATTER?

The benefits of forgiveness range from increased health to developing positive relationships. Many people who demonstrate forgiveness have the ability to consider things from another person's perspective and to move past conflict toward genuinely positive behavior.



## QUOTES ON FORGIVENESS

*"Before we can forgive one another, we have to understand one another."*

**-Emma Goldman**

*"Forgiveness is the fragrance that the violet sheds on the heel that has crushed it."*

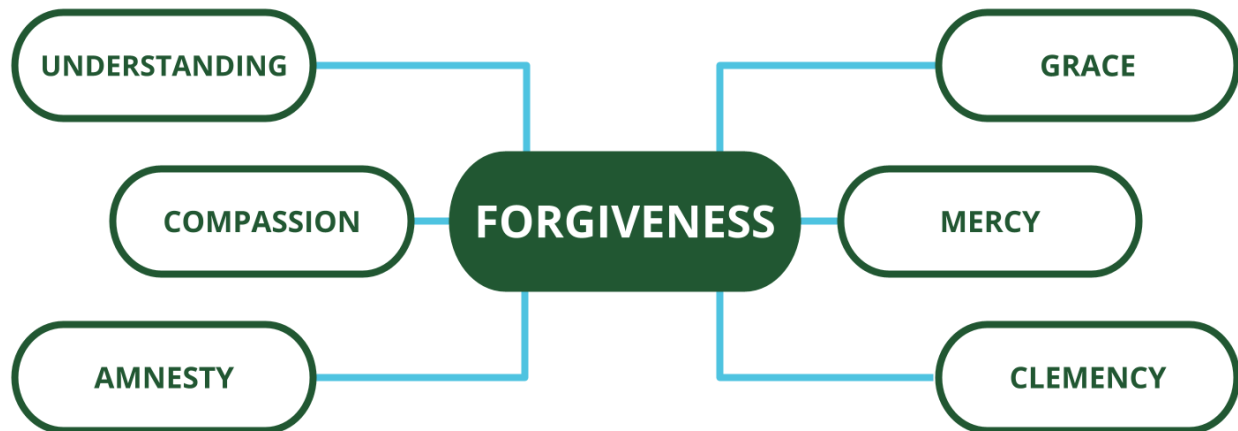
**-Mark Twain**

*"We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love."*

**-Martin Luther King Jr.**

*"Forgiveness is not weak. It takes courage to face and overcome powerful emotions."*

**-Desmond Tutu**







# GRATITUDE

VIA Survey calls this strength Gratitude

**Virtue: Transcendence.** These strengths allow people to rise above their troubles and find meaning in the larger universe. Strengths of transcendence are appreciation of beauty and excellence, purpose, gratitude, optimism, and humor.



## WHAT DOES GRATITUDE MEAN?

You are aware of and grateful for good things that happen.

## WHY DOES THIS MATTER?

Out of all 24 character strengths, gratitude is the single best predictor of individual well-being. Grateful people have increased energy, empathy, happiness, and optimism. Numerous studies have shown that gratitude is like a muscle — the more you practice it, the stronger it gets and the more you're able to reap its benefits.



## QUOTES ON GRATITUDE

*"This is a wonderful day. I've never seen this one before."*

**-Maya Angelou**

*"He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has."*

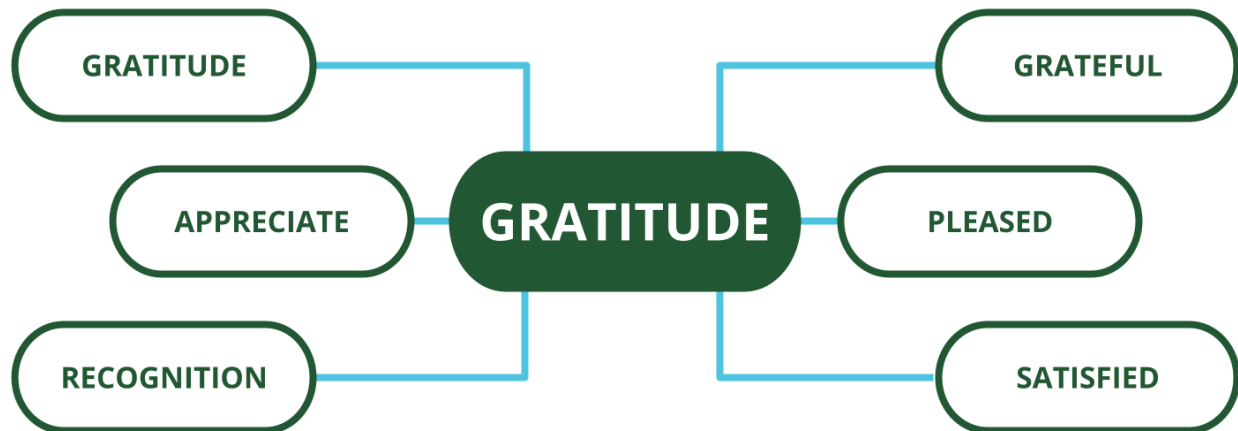
**-Epictetus**

*"Gratitude is more of a compliment to yourself than someone else."*

**-Raheel Farooq**

*"In life, one has a choice to take one of two paths: to wait for some special day- or to celebrate each special day."*

**-Rasheed Ogunlaru**





# HUMILITY

VIA Survey calls this strength Humility

**Virtue: Temperance.** Strengths of temperance protect us from excess. Strengths comprised in this virtue are forgiveness, humility, prudence, and self-control.



## WHAT DOES HUMILITY MEAN?

You do not seek the spotlight. You let your actions speak for themselves.

## WHY DOES THIS MATTER?

True humility is a sign of strength; it is a quiet confidence in who you are. Developing humility allows a person to honestly reflect on their abilities and acknowledge how and where they can improve. Humility opens you up to new ideas, advice, and abilities that pride, arrogance, or pretentiousness often block.



## QUOTES ON HUMILITY

*"Life is about not knowing, having to change, taking the moment and making the best of it, without knowing what's going to happen next. Delicious ambiguity."*

**-Gilda Radner**

*"If everything was perfect, you would never learn and you would never grow."*

**-Beyoncé**

*"He who never made a mistake, never made a discovery."*

**-Samuel Smiles**

*"Humility is not weakness, but strength under control."*

**-A. R. Bernard**





# HUMOR

VIA Survey calls this strength Humor.

**Virtue: Transcendence.** These strengths allow people to rise above their troubles and find meaning in the larger universe. Strengths of transcendence are appreciation of beauty and excellence, purpose, gratitude, optimism, and humor.



## WHAT DOES HUMOR MEAN?

You like to laugh and bring smiles to other people.

## WHY DOES THIS MATTER?

Humor has important mental and physical health benefits. Scientists have shown that laughter reduces stress, promotes connection with other people, and can even improve focus. Humor can help groups of people rise above difficult circumstances and boost morale by easing tension and making life more fun.

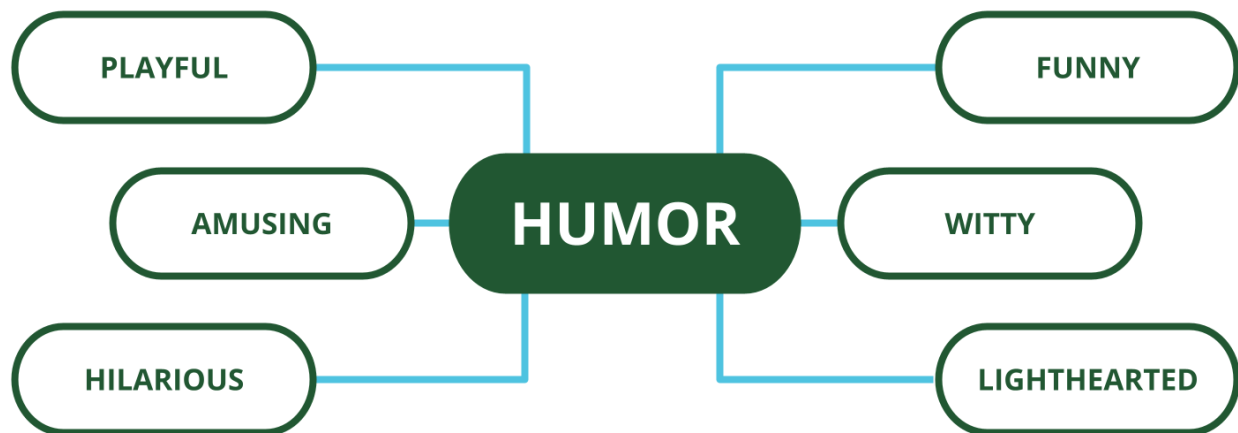
## QUOTES ON HUMOR

*"Humor can be one of our best survival tools."*  
-Allen Klein

*"A well developed sense of humor is the pole that adds balance to your steps as you walk the tightrope of life."*  
-William Arthur Ward

*"A good laugh overcomes more difficulties and dissipates more dark clouds than any other one thing."*  
-Laura Ingalls Wilder

*"Humor is the affectionate communication of insight."*  
-Leo Rosten





# INTEGRITY

VIA Survey calls this strength Honesty.

**Virtue: Courage.** Strengths of courage involve applying will and fortitude in overcoming internal or external resistance to accomplish goals. Strengths comprised in this virtue are bravery, perseverance, integrity, and enthusiasm.



## WHAT DOES INTEGRITY MEAN?

You are honest and speak the truth. You present yourself genuinely and sincerely.

## WHY DOES THIS MATTER?

People with integrity practice what they preach and maintain a consistent pattern of behavior that aligns with their values. Integrity is related to many psychological well-being measures which allows a person to grow and achieve goals. Having integrity makes you more likable and trusted by others, which creates stronger and more positive relationships.



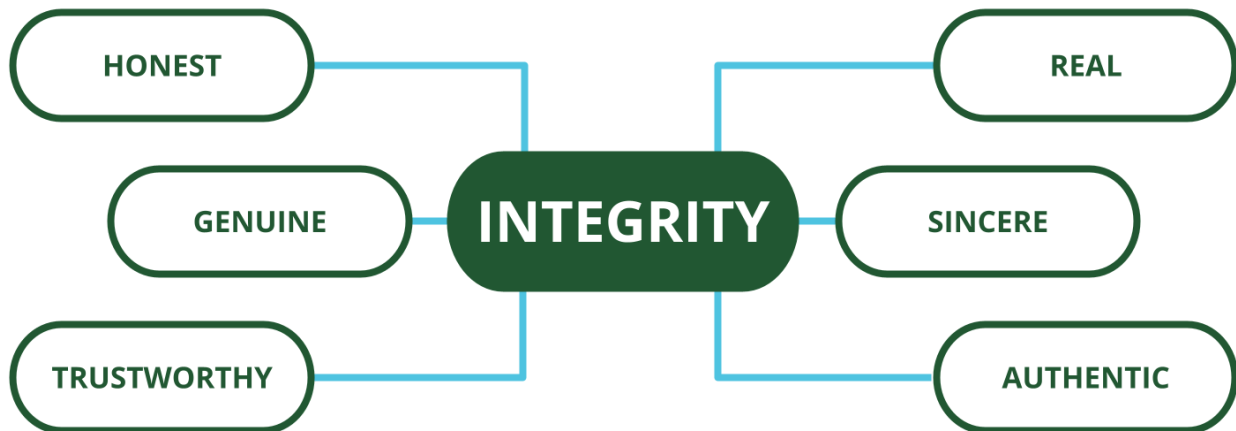
## QUOTES ON INTEGRITY

*"The time is always right to do what is right."*  
-Martin Luther King Jr.

*"There can be no friendship without confidence, and no confidence without integrity."*  
-Samuel Johnson

*"Whoever is careless with the truth in small matters cannot be trusted with important matters."*  
-Albert Einstein

*"One of the greatest regrets in life is being what others would want you to be, rather than being yourself."*  
-Shannon L. Adler





# KINDNESS

VIA Survey calls this strength Kindness.

**Virtue: Humanity.** Strengths of humanity involve caring interpersonal relationships with others, particularly in one-to-one relationships. Strengths comprised in this virtue are love, kindness, and social intelligence.



## WHAT DOES KINDNESS MEAN?

You are generous to others, and you are never too busy to help out. You enjoy doing good deeds for other people.

## WHY DOES THIS MATTER?

Kind people think about the needs and feelings of other people, then help others because it is the right thing to do, not because they expect anything in return. Kindness is contagious — acts of kindness towards others lead to additional acts of kindness by those who have been helped.

## QUOTES ON KINDNESS

*"Choose being kind over being right and you'll be right every time."*

**-Richard Carlson**

*"Kindness in words creates confidence, kindness in thinking creates profoundness, kindness in giving creates love."*

**-Lao Tzu**

*"Kind words can be short and easy to speak, but their echoes are truly endless."*

**-Mother Teresa**

*"No act of kindness, no matter how small, is ever wasted."*

**-Aesop**





# LEADERSHIP

VIA Survey calls this strength Leadership.

**Virtue: Justice.** Strengths of justice refer to the optimal relationships between the individual and the group or community, rather than the more one-to-one relationship in the humanity virtue. These strengths include: teamwork, fairness, and leadership.



## WHAT DOES LEADERSHIP MEAN?

You value each member of your group and inspire people to do their best.

## WHY DOES THIS MATTER?

Leaders use their words and actions to develop inspirational relationships with their followers. Leaders are able to create a vision, communicate the vision, develop a strategy to achieve the vision, and lead the charge toward the goal. Leaders have the ability to understand others and inspire them to achieve a common goal.



## QUOTES ON LEADERSHIP

*"Great leaders don't set out to be a leader. They set out to make the difference. It is never about the role - always about the goal."*

**-Lisa Haisha**

*"Lead from the back — and let others believe they are in front."*

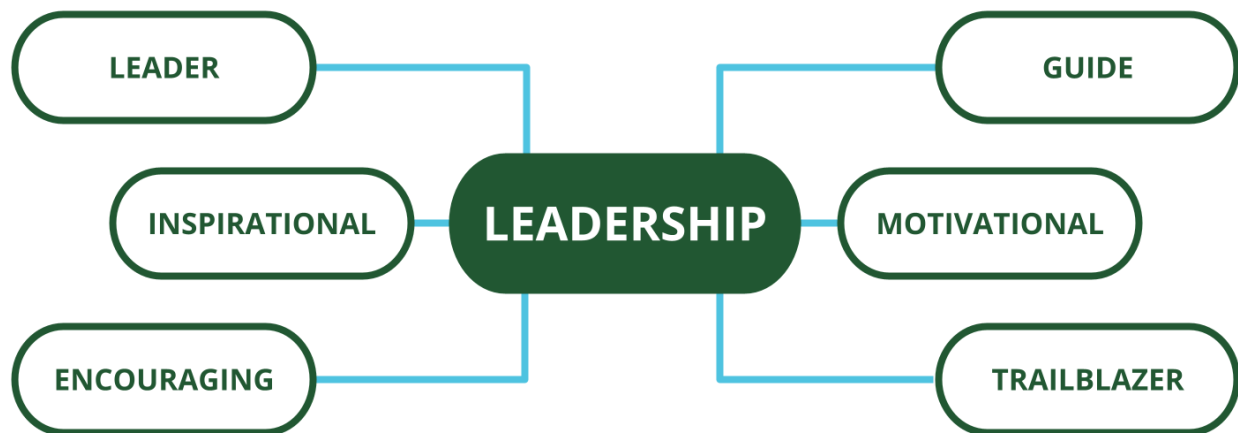
**-Nelson Mandela**

*"Leaders don't create followers, they create more leaders."*

**-Tom Peters**

*"Leadership...is about creating change you believe in."*

**-Seth Godin**





# LOVE

VIA Survey calls this strength Love.

**Virtue: Humanity.** Strengths of humanity involve caring interpersonal relationship with others, particularly in one-to-one relationships. Strengths comprised in this virtue are love, kindness, and social intelligence.



## WHAT DOES LOVE MEAN?

You value close relationships with others and being close to people.

## WHY DOES THIS MATTER?

Love is vital for the well-being of society. Love allows us to open up to another person and gives us the ability to learn, grow, and access character strengths you never knew you had. Love produces positive feelings, which help negate loneliness, anxiety, and depression and form strong relationships with our families, friends, and communities.

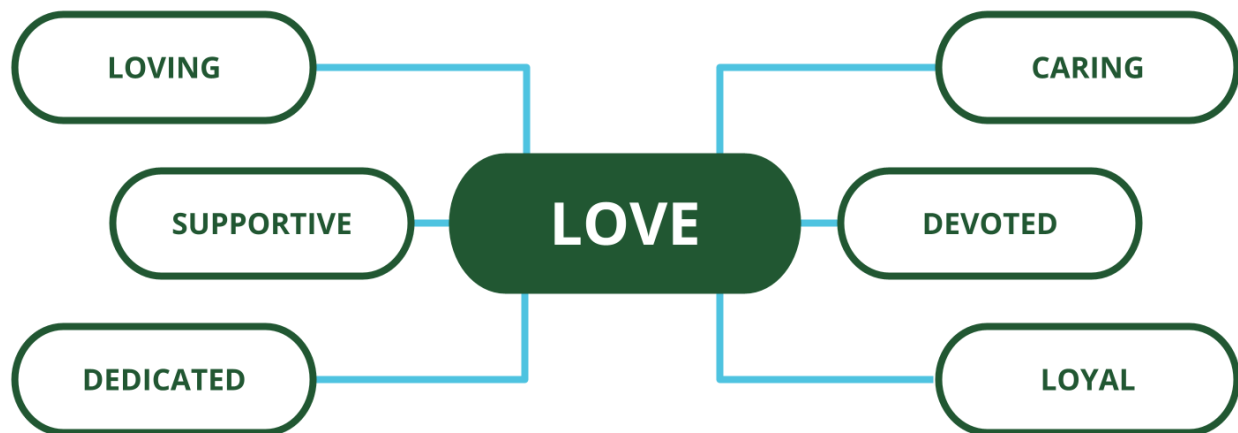
## QUOTES ON LOVE

*"I think you realize how much you need to have people that you love. It's not as much about them loving you - it's about you needing to love people."*  
-Chadwick Boseman

*"Love cures people - both the ones who give it and the ones who receive it."*  
-Karl Menninger

*"Don't look for big things, just do small things with great love."*  
-Mother Teresa

*"While infused with love you see fewer distinctions between you and others. Indeed, your ability to see others - really see them, wholeheartedly - springs open."*  
-Barbara Fredrickson





# LOVE OF LEARNING

VIA Survey calls this strength Love of Learning.

**Virtue: Wisdom and Knowledge.** Strengths of wisdom and knowledge are cognitive strengths related to the acquisition and use of information. Strengths comprised in this virtue are creativity, curiosity, open-mindedness, love of learning, and perspective.



## WHAT DOES LOVE OF LEARNING MEAN?

You master new skills and topics on your own or in school.

## WHY DOES THIS MATTER?

Developing a love of learning is highly beneficial for an individual. It means they are intrinsically motivated to deepen their existing skills and abilities or learn something completely new. Individuals who love learning have the desire and ability to overcome challenges due to a sense of autonomy and control over their environment.



## QUOTES ON THE LOVE OF LEARNING

*"I am always doing that which I cannot do, in order that I may learn how to do it."*

**-Pablo Picasso**

*"Big thinking precedes great achievement."*

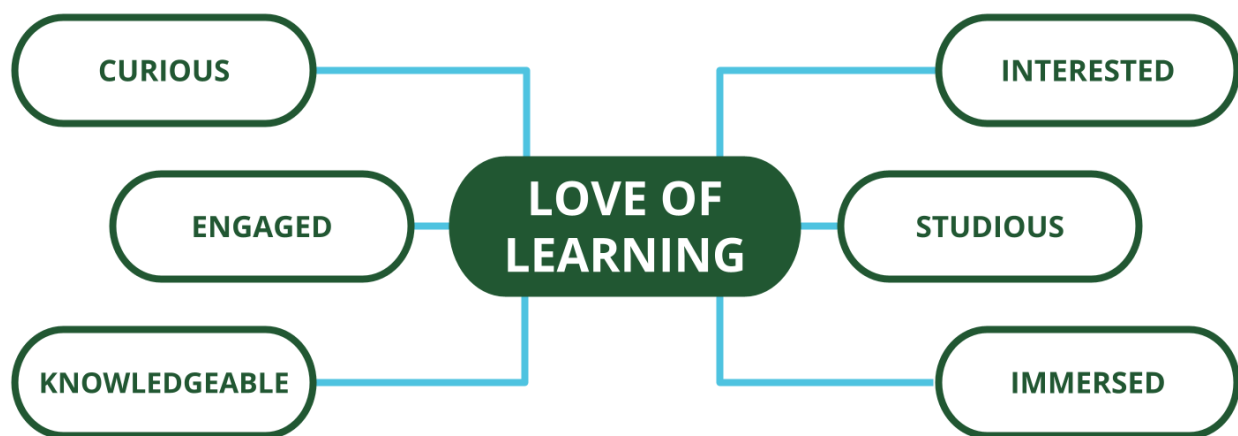
**-Wilferd A. Peterson**

*"If you learn something new every day, you can teach something new every day."*

**-Martha Stewart**

*"There are three ingredients in the good life: Learning, earning, and yearning."*

**-Christopher Morley**







# OPEN-MINDEDNESS

VIA Survey calls this strength Judgment.

**Virtue: Wisdom and Knowledge.** Strengths of wisdom and knowledge are cognitive strengths related to the acquisition and use of information. Strengths comprised in this virtue are creativity, curiosity, open-mindedness, love of learning, and perspective.



## WHAT DOES OPEN-MINDEDNESS MEAN?

You like to consider new ideas and try new things. You examine things from all sides and don't jump to conclusions.

## WHY DOES THIS MATTER?

People who are open-minded are more likely to make accurate decisions that they won't regret because they think through all sides of a problem. Open-minded individuals are often good listeners and able to provide a balanced viewpoint, which helps them form meaningful and lasting relationships.



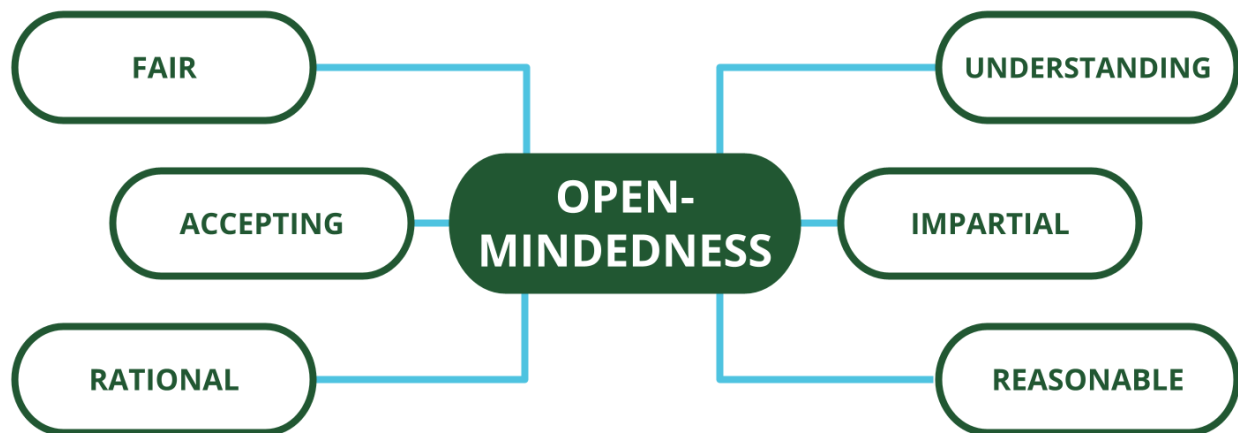
## QUOTES ON OPEN-MINDEDNESS

*"An open mind is better than a clenched fist."*  
-Matshona Dhliwayo

*"An open mind allows you to explore and create and grow."*  
-Oprah Winfrey

*"It is not our differences that divide us, it's our inability to recognize, celebrate, and accept those differences."*  
-Audre Lorde

*"Never be limited by other people's limited imaginations...If you adopt their attitudes, then the possibility won't exist because you'll have already shut it out."*  
-Mae Jemison





# OPTIMISM

VIA Survey calls this strength Hope.

**Virtue: Transcendence.** These strengths allow people to rise above their troubles and find meaning in the larger universe. Strengths of transcendence are appreciation of beauty and excellence, purpose, gratitude, optimism, and humor.



## WHAT DOES OPTIMISM MEAN?

You expect the best from the future and work to achieve it.

## WHY DOES THIS MATTER?

Optimism is correlated with success in work and play, mental and physical health, and strong relationships. Studies show that optimism is the most important predictor of resilience. Optimistic people are planners and goal setters, make strong leaders, and are often hardworking, conscientious, and able to overcome obstacles.



## QUOTES ON OPTIMISM

*"Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same."*

**-Francesca Reigler**

*"Find the good. It's all around you. Find it, showcase it and you'll start believing in it."*

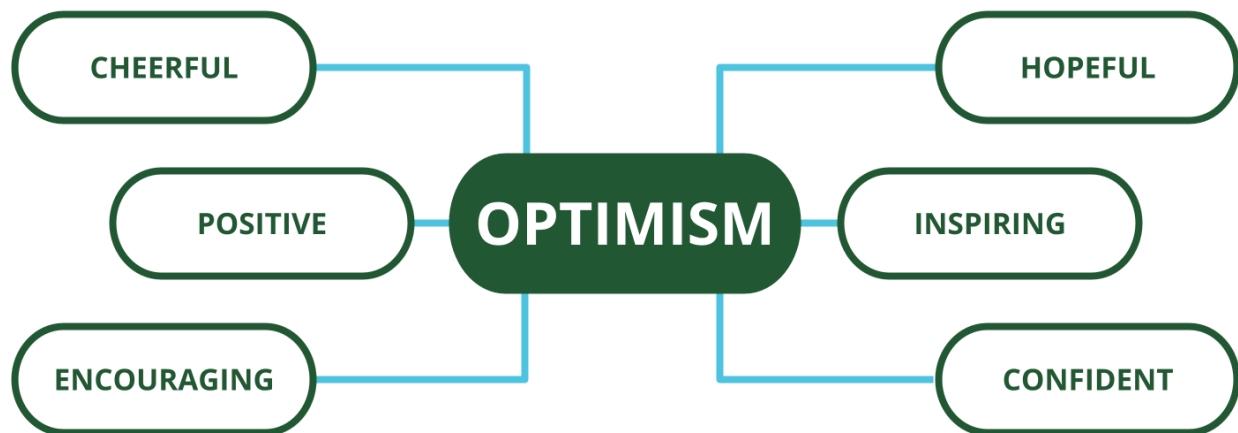
**-Jesse Owens**

*"I am still determined to be cheerful and to be happy, in whatever situation I may be; for I have also learnt, from experience, that the greater part of our happiness or misery depends upon our dispositions and not upon our circumstances."*

**-Martha Washington**

*"Wherever you go, no matter the weather, always bring your own sunshine."*

**-Anthony J. D'Angelo**





# PERSEVERANCE

VIA Survey calls this strength Perseverance.

**Virtue: Courage.** Strengths of courage involve applying will and fortitude in overcoming internal or external resistance to accomplish goals. Strengths comprised in this virtue are bravery, perseverance, integrity, and enthusiasm.



## WHAT DOES PERSEVERANCE MEAN?

You complete what you start despite obstacles. You never give up.

## WHY DOES THIS MATTER?

People demonstrating high levels of perseverance are able to handle significant, sometimes repeated, setbacks in pursuit of goals. Those who persevere through setbacks often reap the benefits of the success because they refuse to give up. Sometimes perseverance comes with increased knowledge and skill as a result of the work needed to achieve.



## QUOTES ON PERSEVERANCE

*"To succeed, work hard, never give up, and above all, cherish a magnificent obsession."*

**-Walt Disney**

*"Obstacles don't have to stop you. If you run into a wall don't turn around and give up. Figure out how to climb it, go through it, or work around it."*

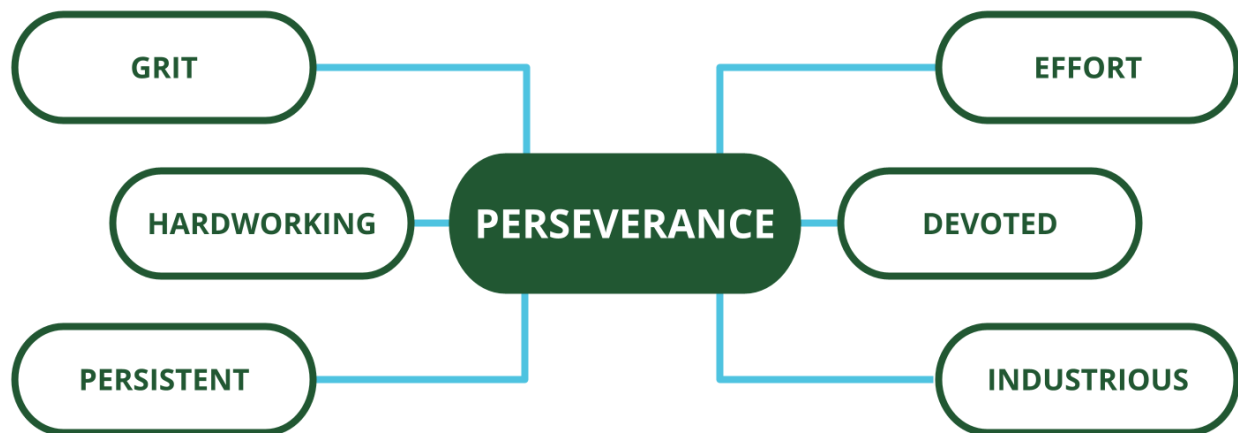
**-Michael Jordan**

*"Your ability to adapt to failure and navigate your way out of it, absolutely 100% makes you who you are."*

**-Viola Davis**

*"Success is to be measured not so much by the position that one has reached in life...as by the obstacles which he has overcome while trying to succeed."*

**-Booker T. Washington**





# PERSPECTIVE

VIA Survey calls this strength Perspective.

**Virtue: Wisdom and Knowledge.** Strengths of wisdom and knowledge are cognitive strengths related to acquiring and using information. This virtue includes creativity, curiosity, open-mindedness, love of learning, and perspective.

## WHAT DOES PERSPECTIVE MEAN?

You appreciate that people see things in different ways. You have the ability to understand the world from multiple points of view.

## WHY DOES THIS MATTER?

Perspective helps a person make sense of the world. It provides clarity on what matters and what doesn't. Being able to see things from multiple angles helps you remain calm and learn from mistakes. People who demonstrate perspective are usually strong listeners that ask great questions and are able to understand and empathize with other people.



## QUOTES ON PERSPECTIVE

*"The only thing you sometimes have control over is perspective. You don't have control over your situation. But you have a choice about how you view it."*

**-Chris Pine**

*"The only people who see the whole picture are the ones who step outside the frame."*

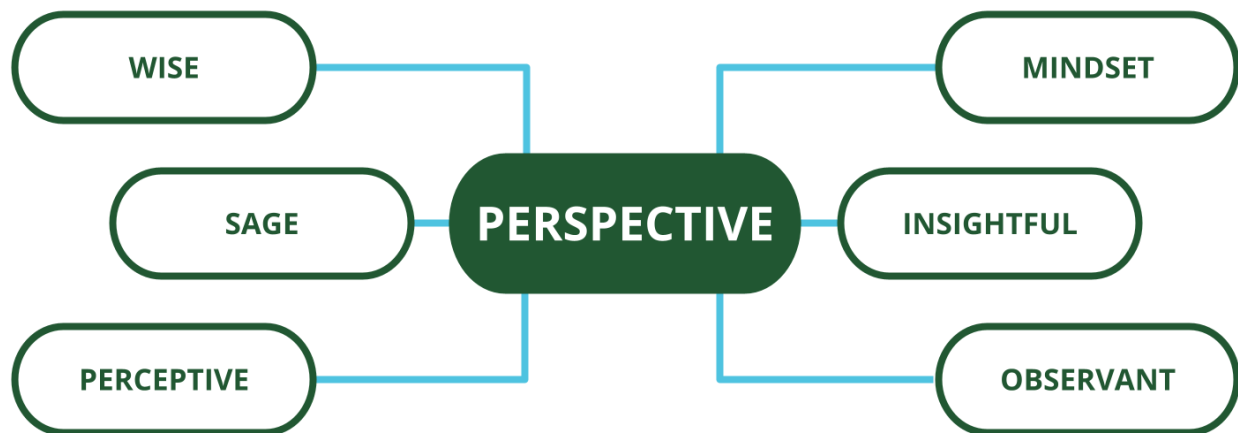
**-Salman Rushdie**

*"The real winners in life are the people who look at every situation with an expectation that they can make it work or make it better."*

**-Barbara Pletcher**

*"What we see depends mainly on what we look for."*

**-Sir John Lubbock**





# PRUDENCE

VIA Survey calls this strength Prudence.

**Virtue: Temperance.** Strengths of temperance protect us from excess. Strengths comprised in this virtue are forgiveness, humility, prudence, and self-control.



## WHAT DOES PRUDENCE MEAN?

You plan for the future and achieve your goals by making careful everyday choices.

## WHY DOES THIS MATTER?

Prudence is a future-oriented way of thinking that helps a person set goals, make plans, and have the discipline to accomplish them. Prudence supports effective self-management and provides the wisdom to know which character strength to use, at which time, to achieve your desired end state.



## QUOTES ON PRUDENCE

*"Success is hastened or delayed by one's habits. It is not your passion, inspirations, or brilliant ideas so much as your everyday mental habits that control your life."*

**-Paramahansa Yogananda**

*"Spend your time wisely on the right things. Because in the end, time is all you have, and you may find out one day that you have less than you think."*

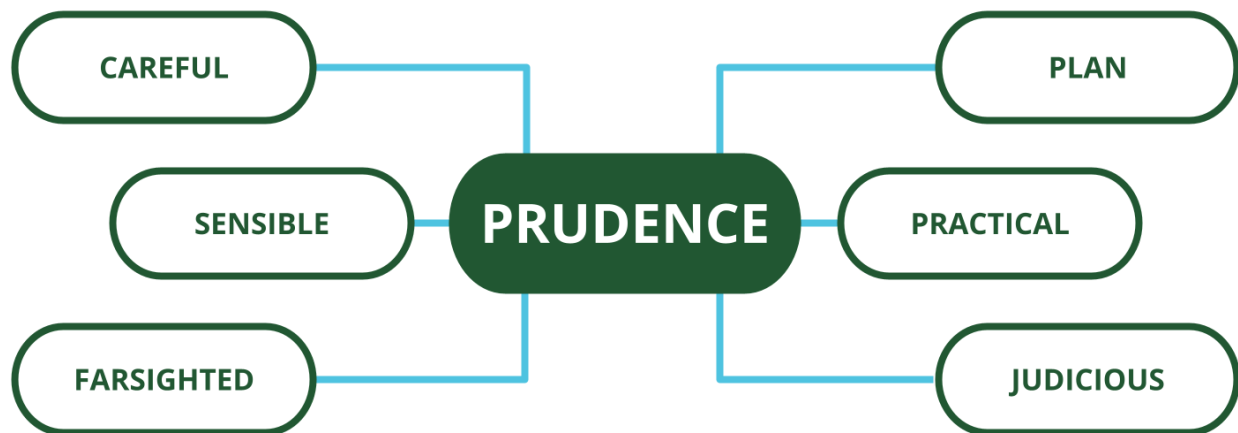
**-Randy Pausch**

*"You must have long-range goals to keep you from being frustrated by short-range failures."*

**-Charles C. Noble**

*"People cannot change their habits without first changing their way of thinking."*

**-Marie Kondo**





# PURPOSE

VIA Survey calls this strength Spirituality.

**Virtue: Transcendence.** These strengths allow people to rise above their troubles and find meaning in the larger universe. Strengths of transcendence are appreciation of beauty and excellence, purpose, gratitude, optimism, and humor.



## WHAT DOES PURPOSE MEAN?

You have beliefs about the meaning of life and your life's purpose. You seek to be part of something greater than yourself.

## WHY DOES THIS MATTER?

People who possess a sense of purpose believe that they were put on earth for a reason. It allows them to persevere and find courage in trying circumstances or lead with kindness and love even when it is not reciprocated. Those with a sense of purpose have more meaning in their life and are more fulfilled.



## QUOTES ON PURPOSE

*"True happiness is not attained through self-gratification, but through fidelity to a worthy purpose."*

**-Helen Keller**

*"There are no extra pieces in the universe. Everyone is here because he or she has a place to fill and every piece must fit itself into the big jigsaw puzzle."*

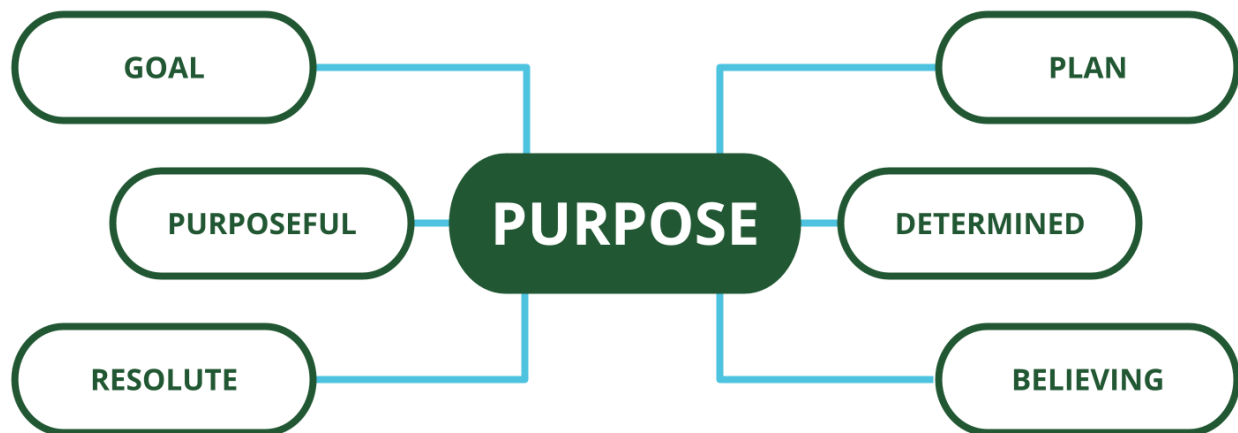
**-Deepak Chopra**

*"Don't follow the path. Go where there is no path and begin the path."*

**-Ruby Bridges**

*"The purpose of life is a life of purpose."*

**-Robert Byne**





# SELF-CONTROL

VIA Survey calls this strength *Self-Regulation*.

**Virtue: Temperance.** Strengths of temperance protect us from excess. Strengths comprised in this virtue are forgiveness, humility, prudence, and self-control.



## WHAT DOES SELF-CONTROL MEAN?

You have the ability to control your emotions and behaviors. You think before you act.

## WHY DOES THIS MATTER?

People with self-control are able to limit impulsive behavior, and they have the ability to work through difficulties while remaining poised. They understand that through discipline and restraint, there are greater, long-term goals that they can accomplish. Self-control is like a muscle: it gets stronger the more it is used.



## QUOTES ON SELF-CONTROL

*"Discipline is the bridge between goals and accomplishment."*

**-Jim Rohn**

*"You have power over your mind - not outside events. Realize this, and you will find strength."*

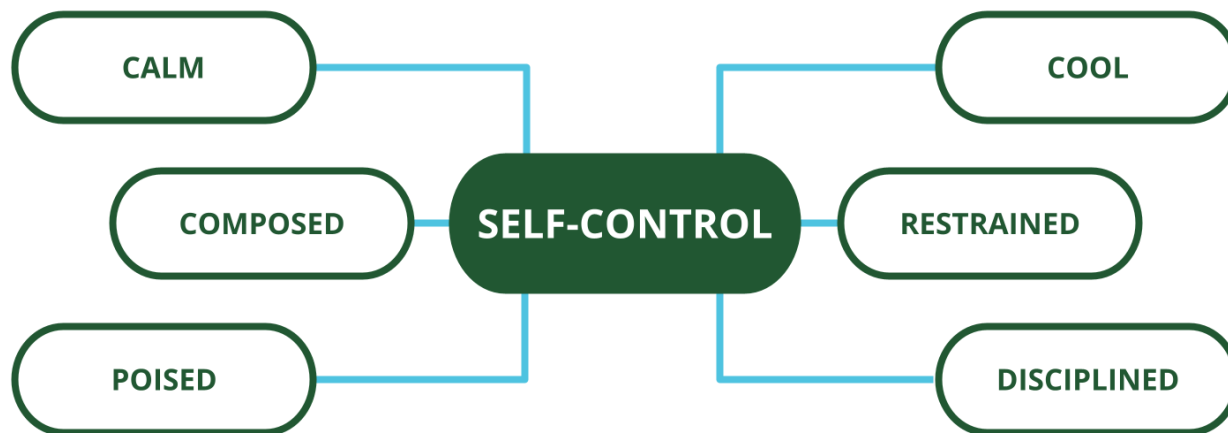
**-Marcus Aurelius**

*"By constant self-discipline and self-control you can develop greatness of character."*

**-Grenville Kleiser**

*"If you can learn self-control, you can master anything."*

**-Unknown**





# SOCIAL INTELLIGENCE

VIA Survey calls this strength Social Intelligence.

**Virtue: Humanity.** Strengths of humanity involve caring interpersonal relationships with others, particularly in one-to-one relationships. Strengths comprised in this virtue are love, kindness, and social intelligence.



## WHAT DOES SOCIAL INTELLIGENCE MEAN?

You are aware of other people’s thoughts and feelings. You understand why they do things.

## WHY DOES THIS MATTER?

People with social intelligence can “read” other people and know what motivates them. By understanding ourselves and other people, we can find ways to collaborate, form friendships, and build relationships. Social intelligence increases over time and as a person ages.



## QUOTES ON SOCIAL INTELLIGENCE

*“Emotional intelligence is a way of recognizing, understanding, and choosing how we think, feel, and act. It shapes our interactions with others and our understanding of ourselves.”*

–J. Freedman

*“I think we all have empathy. We may not have enough courage to display it.”*

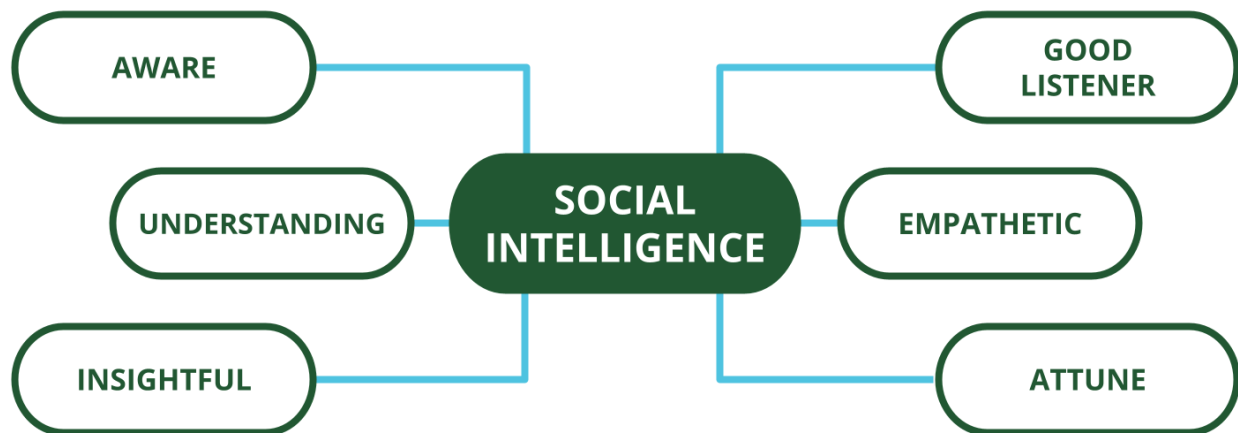
–Maya Angelou

*“Empathy is the starting point for creating a community and taking action. It’s the impetus for creating change.”*

–Max Carver

*“The language of friendship is not words, but meanings.”*

–Henry David Thoreau







# TEAMWORK

VIA Survey calls this strength Teamwork

**Virtue: Justice.** Strengths of justice refer to the optimal relationship between the individual and the group or community, rather than the more one-to-one relationships in the humanity virtue. These strengths include: teamwork, fairness, and leadership.



## WHAT DOES TEAMWORK MEAN?

You work well as a member of a group or team. You are loyal, reliable, and dedicated to helping your team achieve its goals.

## WHY DOES THIS MATTER?

People who demonstrate teamwork often work to help all group members find success. Teamwork is associated with naturally positive feelings that come with being a member of a family, team, school, or group. Practicing the Other People Mindset is an important part of being a member of a successful team.

## QUOTES ON TEAMWORK

*"Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results."*

**-Andrew Carnegie**

*"Individually, we are one drop. Together, we are an ocean."*

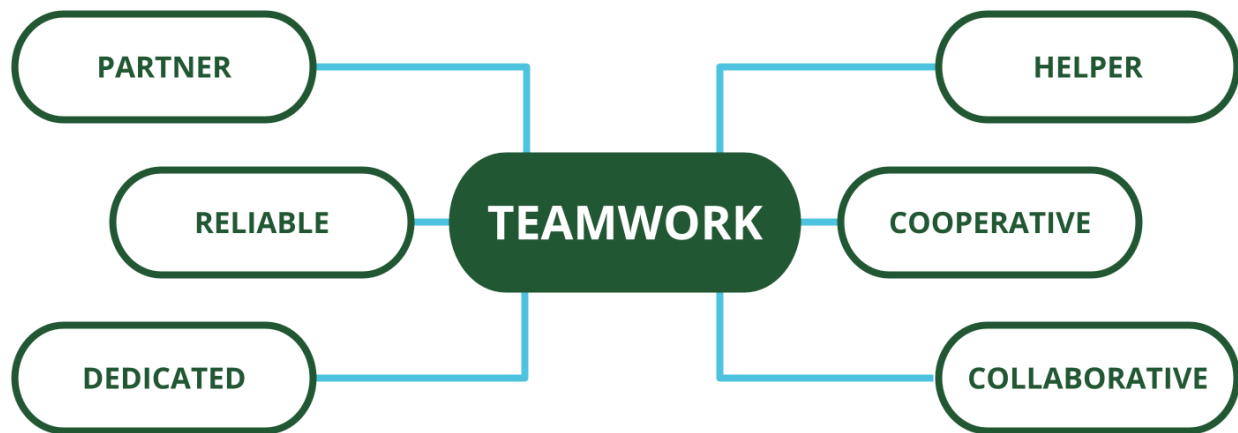
**-Ryunosuke Satoro**

*"Cooperation is the thorough conviction that nobody can get there unless everybody gets there."*

**-Virginia Burden**

*"Coming together is a beginning, staying together is progress, and working together is success."*

**-Henry Ford**





# Other People Mindset (OPM)



Being present and giving others my attention

*The Other People Mindset (OPM) is comprised of the five elements intended to help people understand ways to build positive relationships in their own lives.*

## WHAT DOES THIS MEAN?

When you're with other people, you're present and give them your full attention.

## WHY DOES IT MATTER?

When you are present and give your attention to others, you are able to build strong relationships. Relationships are the cornerstone of health, happiness, and resilience. You can't build positive relationships without attention, so it is important to put down distractions and truly listen to people when they are talking.

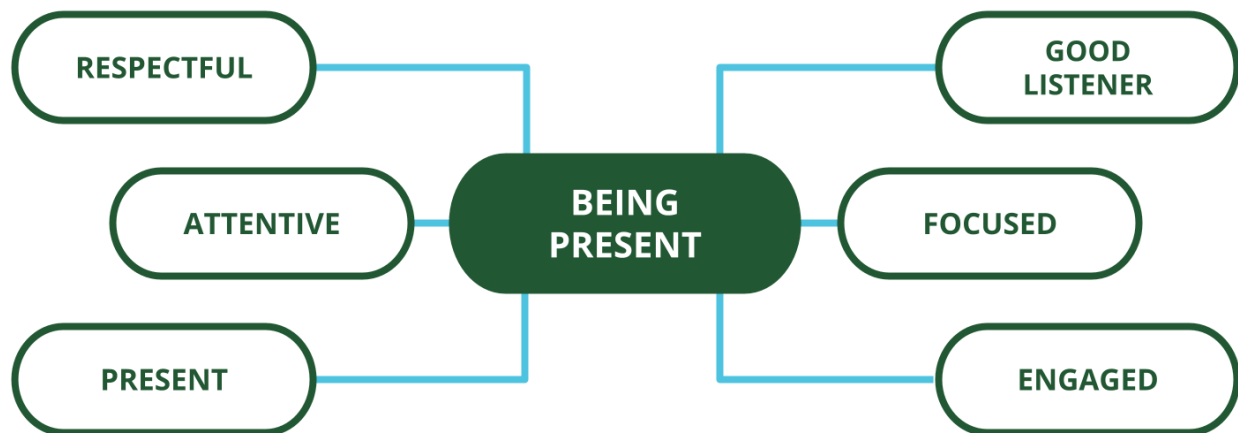
## QUOTES ON ATTENTION

*"Don't let the future steal your present."*  
-Unknown

*"Life is available only in the present moment. If you abandon the present moment you cannot live the moments of your daily life deeply."*  
-Thich Nhat Hanh

*"Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment."*  
-Buddha

*"The moment one gives close attention to anything, even a blade of grass, it becomes a mysterious, awesome, indescribably magnificent world in itself."*  
-Henry Miller





# Other People Mindset (OPM)

## Cheering others' successes



The Other People Mindset (OPM) is comprised of the five elements intended to help people understand ways to build positive relationships in their own lives.

### WHAT DOES THIS MEAN?

When other people succeed you are happy for them and cheer them on.

### WHY DOES IT MATTER?

When we cheer others, they will return the favor and encourage us on our path to success. Being supportive of people who succeed is good for our mental, physical, and emotional well-being. When people cheer each other on, it begins a back-and-forth that forms stronger relationships.

### QUOTES ON CHEER

*"I cheer for others. I was raised to believe there is enough sun for everybody."*

**-Tracee Ellis Ross**

*"Help others reach world-class and they'll joyfully help you get to your best."*

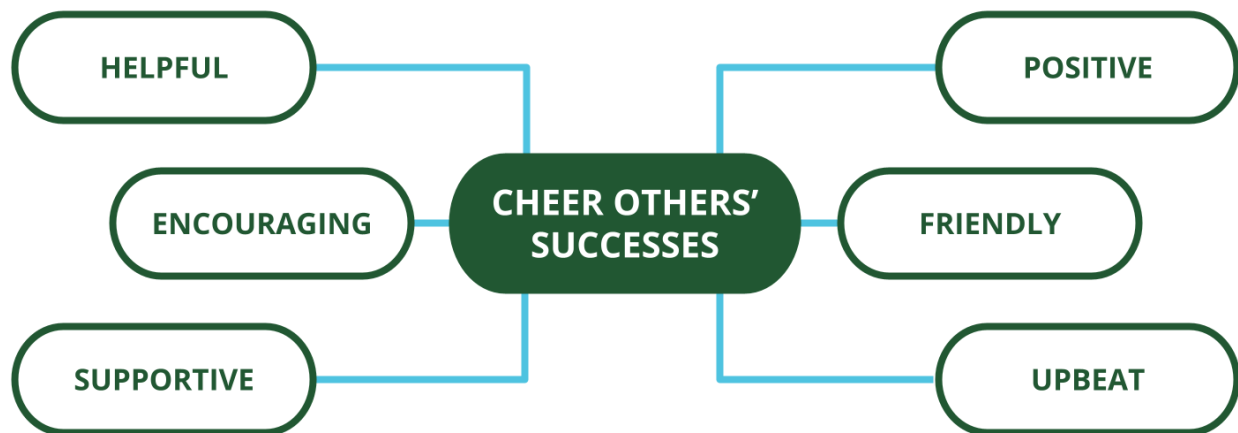
**-Robin S. Sharma**

*"Someone who has learned to rejoice in the good fortune of others experiences only happiness...the fact that they are not his own is irrelevant."*

**-Geshe Kelsang Gyatso**

*"By cheering others on, it doesn't take away from your success; it doesn't diminish your accomplishments or your ability to succeed."*

**-Natalie Franke**





# Other People Matter (OPM)



Identify and appreciate the good in others

*The Other People Mindset (OPM) is comprised of the five elements intended to help people understand ways to build positive relationships in their own lives.*

## WHAT DOES THIS MEAN?

You deliberately work to identify and appreciate others' character strengths.

## WHY DOES IT MATTER?

Identifying and appreciating the good in other people helps you see the world through a more positive and less threatening lens. It is useful to see the skills and character strengths that others possess. If you are finding the good in others, they are likely to also find the good in you.



## QUOTES ON APPRECIATING

*"Each of us has a spark of life inside us, and our highest endeavor ought to be to set off that spark in one another."*

**-Kenny Ausubel**

*"When you choose to see the good in others, you end up finding the good in yourself."*

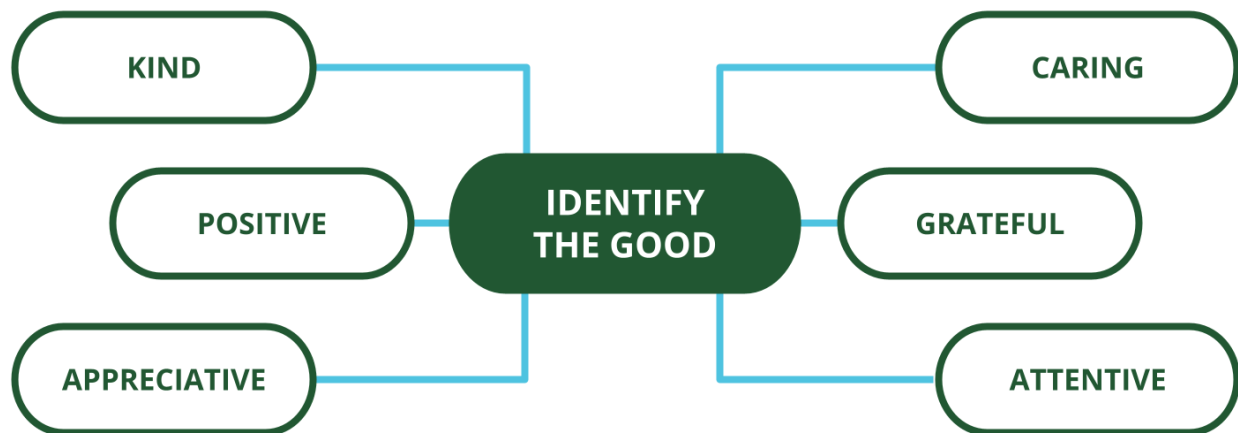
**-Unknown**

*"I look only to the good qualities of men. Not being faultless myself, I won't presume to probe into the faults of others."*

**-Mahatma Gandhi**

*"What makes me happy is the appreciation of people around me."*

**-Nadia Comaneci**





# Other People Mindset (OPM)

Supporting others when they struggle



*The Other People Mindset (OPM) is comprised of the five elements intended to help people understand ways to build positive relationships in their own lives.*

## WHAT DOES THIS MEAN?

When other people are struggling, you do your best to help them out.

## WHY DOES IT MATTER?

There are many different ways to help people who are struggling: listening, taking action, or simply just being there. Everyone faces tough days and needs support, and this support leads to a chain of prosocial behavior that makes us feel good about ourselves and our community.

## QUOTES ON SUPPORT

*"Nobody cares how much you know until they know how much you care."*

**-Theodore Roosevelt**

*"I believe the world is one big family, and we need to help each other."*

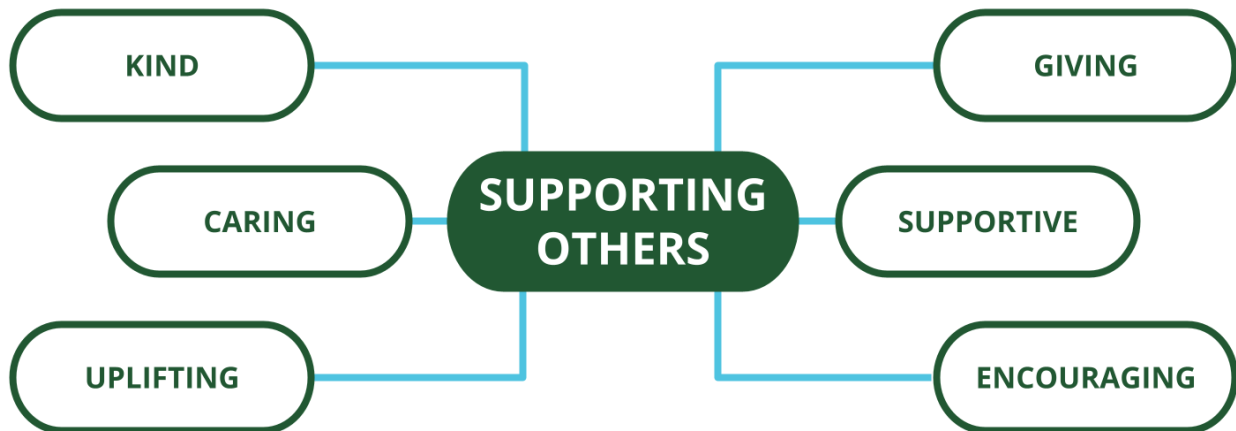
**-Jet Li**

*"Great opportunities to help others seldom come, but small ones surround us every day."*

**-Sally Koch**

*"Life's most persistent and urgent question is, what are you doing for others?"*

**-Martin Luther King, Jr.**





# Other People Mindset (OPM)



Knowing that my words and actions affect others

*The Other People Mindset (OPM) is comprised of the five elements intended to help people understand ways to build positive relationships in their own lives.*

## WHAT DOES THIS MEAN?

Everything you say or do can affect others and your relationships with them.

## WHY DOES IT MATTER?

Our words and actions are our choices to make, but they can have ripple effects long after we make them. Words and actions have the power to lift others up or tear them down, and our words and actions also impact ourselves. When people are thoughtful about their words and actions, we are likely to have a happier and healthier culture.

## QUOTES ON IMPACT

*"A pebble cast into a pond causes ripples that spread in all directions. Each one of our thoughts, words, and deeds is like that."*

**-Dorothy Day**

*"In the arena of human life, the honors and rewards fall to those who show their good qualities in action."*

**-Aristotle**

*"Good words are worth much and cost little."*

**-George Herbert**

*"Words have a magical power. They can either bring the greatest happiness or the deepest despair."*

**-Sigmund Freud**

