

🌟 Character Strengths Spotting Template for Parents

Based on the VIA Classification of Character Strengths (Parks & Peterson, 2005)

Use this template to notice, celebrate, and encourage your child's unique strengths in everyday life. Write a short observation or check off when you notice each strength!

🧠 Wisdom & Knowledge

Strength	What It Looks Like	Example From Today	✓ Noticed
Curiosity	Asking questions, exploring		<input type="checkbox"/>
Love of Learning	Excited to learn new things		<input type="checkbox"/>
Judgment	Thinking things through		<input type="checkbox"/>
Creativity	Original ideas, building/drawing		<input type="checkbox"/>
Perspective	Offers wise advice or insights		<input type="checkbox"/>

💪 Courage

Strength	What It Looks Like	Example From Today	✓ Noticed
Bravery	Faces fears, speaks up		<input type="checkbox"/>
Perseverance	Sticks with hard tasks		<input type="checkbox"/>
Honesty	Tells the truth, owns actions		<input type="checkbox"/>
Zest	Approaches life with energy		<input type="checkbox"/>

Humanity

Strength	What It Looks Like	Example From Today	✓ Noticed
Love	Shows warmth, affection		<input type="checkbox"/>
Kindness	Helps, shares, includes others		<input type="checkbox"/>
Social Intelligence	Understands others' feelings		<input type="checkbox"/>

Justice

Strength	What It Looks Like	Example From Today	✓ Noticed
Teamwork	Works well with others		<input type="checkbox"/>
Fairness	Treats others equally		<input type="checkbox"/>
Leadership	Guides others, takes initiative		<input type="checkbox"/>

Temperance

Strength	What It Looks Like	Example From Today	✓ Noticed
Forgiveness	Lets go of hurt or blame		<input type="checkbox"/>
Humility	Doesn't brag, modest		<input type="checkbox"/>
Prudence	Thinks before acting		<input type="checkbox"/>
Self-Regulation	Manages emotions & impulses		<input type="checkbox"/>

Transcendence

Strength	What It Looks Like	Example From Today	✓ Noticed
Appreciation of Beauty & Excellence	Notices the good and beautiful		<input type="checkbox"/>

Strength	What It Looks Like	Example From Today	✓ Noticed
Gratitude	Says thank you, expresses thanks		<input type="checkbox"/>
Hope	Looks forward to good things		<input type="checkbox"/>
Humor	Laughs easily, enjoys jokes		<input type="checkbox"/>
Spirituality	Seeks deeper meaning or purpose		<input type="checkbox"/>

 **Notes / Reflections:**

Park, N., & Peterson, C. (2005). Values in Action (VIA) Inventory of Character Strengths for Youth. *Adolescent and Family Health*, 4(1), 35-40