

# Resources Guide

## EMBODY YOUR STRENGTHS

*Unlocking Character Strengths  
Through Mind-Body Awareness*

# WHAT ARE VIA CHARACTER STRENGTHS?

- VIA stands for Values in Action — a comprehensive, evidence-based framework for understanding positive human traits across cultures and time.
- Developed by psychologists Christopher Peterson and Martin Seligman (2004), the VIA Classification was designed as a positive counterpart to diagnostic models like the DSM.
- It draws from philosophy, psychology, and cross-cultural research to identify 24 universally valued character strengths — qualities that reflect the best of human nature.
- We all possess these 24 strengths in varying degrees. Your signature strengths — those that come most naturally and energize you — are core to your identity and well-being.



# CLASSIFICATION

## **Wisdom**

Creativity • Curiosity • Judgment •  
Love of Learning • Perspective

## **Courage**

Bravery • Honesty • Perseverance • Zest

## **Humanity**

Love • Kindness • Social Intelligence

## **Justice**

Teamwork • Fairness • Leadership

## **Temperance**

Forgiveness • Humility • Prudence • Self-Regulation

## **Transcendence**

Appreciation of Beauty • Gratitude • Hope •  
Humor • Spirituality

# EMBODIED STRENGTHS MAPPING

First take a few deep breaths, connect with your body and increase your awareness.



Use these prompts to help you connect with the physical expression of your strengths :

- What posture expresses this strength in your body?
- How would this strength move through you?
- How do you walk when you feel this strength?
- What is the position of your spine, shoulders, or hands when you embody it?
- What facial expression reflects this strength in you?
- What is the quality of your gaze when you're using this strength?



These questions can be explored through movement, stillness, or recalling a lived experience. Let your body guide the answers.

Try something that feels natural — or even try a contrast.

Pay attention to breath, tension, openness, or energy shifts.

# MICRO-POSTURES

Staying connected to your body, begin experimenting with a small gesture or posture that could act as a physical anchor for one of your signature strengths.

Micro-postures are not dramatic or theatrical — they're subtle enough to use in everyday contexts, even in front of others, without drawing attention. Think of them as internal switches: small shifts in your body that can reconnect you with a desired psychological state.



Examples:



**Leadership:** Strong, stable base with lifted spine and open chest — embodying presence and direction.



**Curiosity:** A gentle forward lean, lifted posture, or soft head tilt — conveying interest, openness, and playful exploration.



**Kindness:** Hand on heart, soft smile, relaxed shoulders, a posture of warmth and genuine care.



**Bravery:** Feet planted firmly on the floor, upright spine, muscles subtly engaged — a stance of readiness and grounded strength.



**Gratitude:** Chest open, shoulders relaxed, palms gently facing upward — expressing receptivity and appreciation.

If practiced regularly, micro-postures become body anchors — simple tools you can rely on to shift into a strength-based state quickly and intentionally.

Reminder: This isn't about faking or forcing. You're not pretending to be someone else. Instead, micro-postures help you physically activate strengths that already live within you.

They're small, but powerful.

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