

## DISCOVER YOUR STRENGTHS!

### Values In Action (VIA) - Character Strengths

The VIA Character Strength Survey is a 198 question survey that has been taken by over 1 million people. The VIA Survey measures 24 character strengths that are taken from 'Character Strengths and Virtues: A Handbook and Classification' by Christopher Peterson and Martin E. P. Seligman, Oxford University Press(2004).

The survey will identify your top 5 'Signature' strengths – the ones that are most natural for you for you to use and develop. The character strengths are listed below. The VIA Strengths Tests for adults, young people & children can be found at [www.viacharacter.org](http://www.viacharacter.org)

#### This group of strengths relate to Wisdom & Knowledge

1. Creativity (originality, ingenuity): Thinking of novel and productive ways to conceptualise and do things.
2. Curiosity (interest, novelty-seeking, openness to experience): Taking an interest in ongoing experience for its own sake; exploring and discovering.
3. Open-mindedness (judgment, critical thinking): Thinking things through and examining them from all sides; weighing all evidence fairly.
4. Love of learning: Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally.
5. Perspective (wisdom): Being able to provide wise counsel to others; having ways of looking at the world that make sense to oneself and to other people

#### This group of strengths relate to Courage

6. Bravery (valour): Not shrinking from threat, challenge, difficulty, or pain; acting on convictions even if unpopular.
7. Persistence (perseverance, industriousness): Finishing what one starts; persisting in a course of action in spite of obstacles.
8. Integrity (authenticity, honesty): Presenting oneself in a genuine way; taking responsibility for one's feeling and actions
9. Vitality (zest, enthusiasm, vigour, energy): Approaching life with excitement and energy; feeling alive and activated

#### This group of strengths relate to Relationships

10. Love: Valuing close relations with others, in particular those in which sharing and caring are reciprocated.
11. Kindness (generosity, nurturance, care, compassion, altruistic love, "niceness"): Doing favours and good deeds for others.
12. Social intelligence (emotional intelligence, personal intelligence): Being aware of the motives and feelings of other people and oneself.

### This group of strengths relate to Justice

13. Citizenship (social responsibility, loyalty, teamwork): Working well as a member of a group or team; being loyal to the group.
14. Fairness: Treating all people the same according to notions of fairness and justice; not letting personal feelings bias decisions about others.
15. Leadership: Encouraging a group of which one is a member to get things done and at the same maintain time good relations within the group.

### This group of strengths relate to Self-Control

16. Forgiveness and mercy: Forgiving those who have done wrong; accepting the shortcomings of others; giving people a second chance; not being vengeful
17. Humility / Modesty: Letting one's accomplishments speak for themselves; not regarding oneself as more special than one is.
18. Prudence: Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted.
19. Self-regulation (self-control): Regulating what one feels and does; being disciplined; controlling one's appetites and emotions.

### This group of strengths relate to Seeing the Bigger Picture

20. Appreciation of beauty and excellence (awe, wonder, elevation): Appreciating beauty, excellence, and/or skilled performance in various domains of life.
21. Gratitude: Being aware of and thankful of the good things that happen; taking time to express thanks.
22. Hope (optimism, future-mindedness, future orientation): Expecting the best in the future and working to achieve it.
23. Humour (playfulness): Liking to laugh and tease; bringing smiles to other people; seeing the light side.
24. Spirituality (religiousness, faith, purpose): Having coherent beliefs about the higher purpose, the meaning of life, and the meaning of the universe.

