

## Character Strengths Survey

### Overview

Scientists discovered a common language of 24-character strengths that define what's best about our personality. Each character strength falls under one of six broad virtue categories -- Wisdom, Courage, Humanity, Justice, Temperance, and Transcendence -- which are universal across cultures and nations. The VIA Survey of Character Strengths is a free self-assessment that takes less than 15 minutes and provides a wealth of information to help you understand your best qualities. VIA Reports provide personalized, in-depth analysis of your free results, including actionable tips to apply your strengths to find greater well-being. Character strengths are the positive parts of your personality that make you feel authentic and engaged. Research shows that understanding and applying your strengths can help boost confidence, increase happiness, strengthen relationships, manage problems, reduce stress, accomplish goals, build meaning and purpose, and improve work performance.

### Instructions

1. Register on the Authentic Happiness website: <https://www.authentichappiness.sas.upenn.edu/user/register>
2. Complete the VIA Survey of Character Strengths at:  
<https://www.authentichappiness.sas.upenn.edu/questionnaires/survey-character-strengths>.
3. Choose ONE OPTION in response to the statement in ALL 240 Questions: be honest and accurate.
4. Review your TOP TEN strengths in detail and, if desired, all 24 of your strengths more generally.
5. Focus on your TOP THREE strengths and answer the three questions below for each one.

#### Strength 1

Learner

#### Meaning

*Describe in your own words what the strength means to you.*

#### Interpretation

*Discuss your interpretation of the strength (as it applies to you).*

#### Application

*Propose how you might build upon this strength to increase your personal development.*

<b>Strength 2</b>	
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<b>Meaning</b>	<i>Describe in your own words what the strength means to you.</i>

<b>Interpretation</b>	<i>Discuss your interpretation of the strength (as it applies to you).</i>

<b>Application</b>	<i>Propose how you might build upon this strength to increase your personal development.</i>

<b>Strength 3</b>	
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<b>Meaning</b>	<i>Describe in your own words what the strength means to you.</i>

<b>Interpretation</b>	<i>Discuss your interpretation of the strength (as it applies to you).</i>

<b>Application</b>	<i>Propose how you might build upon this strength to increase your personal development.</i>