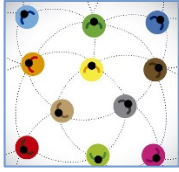


VIA Character Strengths



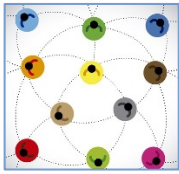
Directions: For each of the 24 character strengths below, check the box that you think best describes you.

Description	How Much Like Me?
<p>You notice and enjoy beauty in many places (nature, art, music, etc.). You notice and enjoy watching people who are talented or very skilled at what they do.</p>	<p><input type="checkbox"/> Very much like me <input type="checkbox"/> Like Me <input type="checkbox"/> Not much like me <input type="checkbox"/> Not me at all</p>
<p>You do not avoid challenges or difficult situations. You speak up for what you think is right, even if others disagree with you.</p>	<p><input type="checkbox"/> Very much like me <input type="checkbox"/> Like Me <input type="checkbox"/> Not much like me <input type="checkbox"/> Not me at all</p>
<p>You think of new and original ways of doing things. You are able to think of many unique ways to solve problems.</p>	<p><input type="checkbox"/> Very much like me <input type="checkbox"/> Like Me <input type="checkbox"/> Not much like me <input type="checkbox"/> Not me at all</p>
<p>You are interested in many things. You like to explore and discover new things.</p>	<p><input type="checkbox"/> Very much like me <input type="checkbox"/> Like Me <input type="checkbox"/> Not much like me <input type="checkbox"/> Not me at all</p>
<p>You give everyone a fair chance. You treat others in a fair and just way.</p>	<p><input type="checkbox"/> Very much like me <input type="checkbox"/> Like Me <input type="checkbox"/> Not much like me <input type="checkbox"/> Not me at all</p>
<p>You forgive those who have done or said hurtful things. You give people a second chance. You don't hold grudges.</p>	<p><input type="checkbox"/> Very much like me <input type="checkbox"/> Like Me <input type="checkbox"/> Not much like me <input type="checkbox"/> Not me at all</p>
<p>You notice the good things that happen. You appreciate the good things that happen. You take the time to express thanks to those who do nice things for you.</p>	<p><input type="checkbox"/> Very much like me <input type="checkbox"/> Like Me <input type="checkbox"/> Not much like me <input type="checkbox"/> Not me at all</p>
<p>You are true to yourself. You allow others to see the "real you." You speak the truth. You take responsibility for what you do & say.</p>	<p><input type="checkbox"/> Very much like me <input type="checkbox"/> Like Me <input type="checkbox"/> Not much like me <input type="checkbox"/> Not me at all</p>
<p>You don't draw extra attention to yourself. You let your accomplishments speak for themselves (rather than pointing them out).</p>	<p><input type="checkbox"/> Very much like me <input type="checkbox"/> Like Me <input type="checkbox"/> Not much like me <input type="checkbox"/> Not me at all</p>



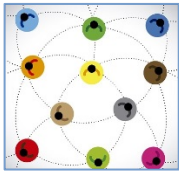
VIA Character Strengths

Description	How Much Like Me?
<p>You like to laugh and make others laugh. You see the light side of things.</p>	<p><input type="checkbox"/> Very much like me <input type="checkbox"/> Like Me <input type="checkbox"/> Not much like me <input type="checkbox"/> Not me at all</p>
<p>You enjoy doing helping others. You enjoy taking care of other people.</p>	<p><input type="checkbox"/> Very much like me <input type="checkbox"/> Like Me <input type="checkbox"/> Not much like me <input type="checkbox"/> Not me at all</p>
<p>You like to encourage and work with others to help them get things done. You like to organize group activities and help to make them happen.</p>	<p><input type="checkbox"/> Very much like me <input type="checkbox"/> Like Me <input type="checkbox"/> Not much like me <input type="checkbox"/> Not me at all</p>
<p>You like being close to other people. You like to give love to others. You like receiving love from others.</p>	<p><input type="checkbox"/> Very much like me <input type="checkbox"/> Like Me <input type="checkbox"/> Not much like me <input type="checkbox"/> Not me at all</p>
<p>You enjoy learning new information. You enjoy learning how to do things.</p>	<p><input type="checkbox"/> Very much like me <input type="checkbox"/> Like Me <input type="checkbox"/> Not much like me <input type="checkbox"/> Not me at all</p>
<p>You like to think things through before making a decision. You look at all “sides” of a situation. You are able to change your mind (if there a good reason to do so).</p>	<p><input type="checkbox"/> Very much like me <input type="checkbox"/> Like Me <input type="checkbox"/> Not much like me <input type="checkbox"/> Not me at all</p>
<p>You expect good things to happen in the future. You work to make good things happen.</p>	<p><input type="checkbox"/> Very much like me <input type="checkbox"/> Like Me <input type="checkbox"/> Not much like me <input type="checkbox"/> Not me at all</p>
<p>You finish what you start. You find ways to overcome obstacles. You enjoy completing tasks.</p>	<p><input type="checkbox"/> Very much like me <input type="checkbox"/> Like Me <input type="checkbox"/> Not much like me <input type="checkbox"/> Not me at all</p>
<p>You are able to give people good advice. You are able to see the “big picture.”</p>	<p><input type="checkbox"/> Very much like me <input type="checkbox"/> Like Me <input type="checkbox"/> Not much like me <input type="checkbox"/> Not me at all</p>
<p>You are careful in making decisions. You avoid taking unnecessary risks. You avoid doing or saying things you might later regret.</p>	<p><input type="checkbox"/> Very much like me <input type="checkbox"/> Like Me <input type="checkbox"/> Not much like me <input type="checkbox"/> Not me at all</p>



VIA Character Strengths

Description	How Much Like Me?
<p>You avoid “overdoing” things. You avoid losing your temper.</p>	<p><input type="checkbox"/> Very much like me <input type="checkbox"/> Like Me <input type="checkbox"/> Not much like me <input type="checkbox"/> Not me at all</p>
<p>You know what to do to get along with different groups of people. You know what makes other people “tick”; you know why they do what they do. You are aware of other peoples’ thoughts and feelings.</p>	<p><input type="checkbox"/> Very much like me <input type="checkbox"/> Like Me <input type="checkbox"/> Not much like me <input type="checkbox"/> Not me at all</p>
<p>You feel that you are here for a reason. You feel a sense of connection with something larger than yourself.</p>	<p><input type="checkbox"/> Very much like me <input type="checkbox"/> Like Me <input type="checkbox"/> Not much like me <input type="checkbox"/> Not me at all</p>
<p>You work well as a member of a group or team. You always do your share of the work in a team or group. You are loyal to the groups or teams to which you belong.</p>	<p><input type="checkbox"/> Very much like me <input type="checkbox"/> Like Me <input type="checkbox"/> Not much like me <input type="checkbox"/> Not me at all</p>
<p>You do what you do with energy and excitement. You view life as an adventure.</p>	<p><input type="checkbox"/> Very much like me <input type="checkbox"/> Like Me <input type="checkbox"/> Not much like me <input type="checkbox"/> Not me at all</p>



VIA Character Strengths

REVIEW:

1. Make sure you have checked off one phrase to the right of each of the 24 character strengths.
2. Circle those character strengths that you checked as “Very much like me.”
3. Put a *star* next to those that you consider to be core to who you are. These should also be strengths that you find to be energizing and very easy to use in many situations. You can probably consider these to be your *signature strengths*.

“*Signature strengths*” refers to those character strengths that are most essential to who we are. Interventions and practical exercises around signature strengths are some of the most popular, frequently discussed, and widely investigated areas in the field of positive psychology.

4. Review those character strengths that you checked as “Like me.” Some of these strengths could be signature strengths, phasic strengths, or supportive strengths.

A “*phasic strength*” is a strength that rises and falls based on the situation we’re in. Said another way, a phasic strength is not your signature strength, but when the situation calls for it you bring it forth very strongly. You rise up, rising to the occasion, much like a friend that is always there for you when you need them.

“*Supportive strengths*” support or readily enhance your signature strengths.

5. Think about how you have used your highest strengths in your life when things have gone well. Reflect on how you have used them – or could have used them more – when things have not gone well. Journal about them. Consider how you can use them more in your life, especially when you are with friends, family, and classmates.