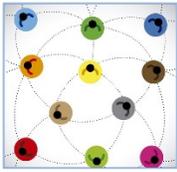


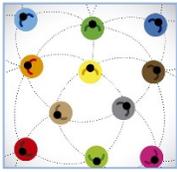
VIA Character Strengths KEY

Character Strength	Description
1.) Appreciation of Beauty and Excellence	<p>You notice and enjoy beauty in many places (nature, art, music, etc.).</p> <p>You notice and enjoy watching people who are talented or very skilled at what they do.</p>
2.) Bravery	<p>You do not avoid challenges or difficult situations.</p> <p>You speak up for what you think is right, even if others disagree with you.</p>
3.) Creativity	<p>You think of new and original ways of doing things.</p> <p>You are able to think of many unique ways to solve problems.</p>
4.) Curiosity	<p>You are interested in many things.</p> <p>You like to explore and discover new things.</p>
5.) Fairness	<p>You give everyone a fair chance.</p> <p>You treat others in a fair and just way.</p>
6.) Forgiveness	<p>You forgive those who have done or said hurtful things.</p> <p>You give people a second chance.</p> <p>You don't hold grudges.</p>
7.) Gratitude	<p>You notice the good things that happen.</p> <p>You appreciate the good things that happen.</p> <p>You take the time to express thanks to those who do nice things for you.</p>
8.) Honesty	<p>You are true to yourself.</p> <p>You allow others to see the "real you."</p> <p>You speak the truth.</p> <p>You take responsibility for what you do & say.</p>
9.) Humility	<p>You don't draw extra attention to yourself.</p> <p>You let your accomplishments speak for themselves (rather than pointing them out).</p>



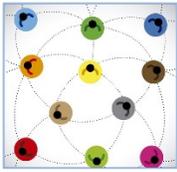
VIA Character Strengths KEY

Character Strength	Description
10.) Humor	You like to laugh and make others laugh. You see the light side of things.
11.) Kindness	You enjoy doing helping others. You enjoy taking care of other people.
12.) Leadership	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.
13.) Love	You like being close to other people. You like to give love to others. You like receiving love from others.
14.) Love of Learning	You enjoy learning new information. You enjoy learning how to do things.
15.) Judgment (critical thinking)	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).
16.) Hope	You expect good things to happen in the future. You work to make good things happen.
17.) Perseverance	You finish what you start. You find ways to overcome obstacles. You enjoy completing tasks.
18.) Perspective	You are able to give people good advice. You are able to see the “big picture.”
19.) Prudence	You are careful in making decisions. You avoid taking unnecessary risks. You avoid doing or saying things you might later regret.



VIA Character Strengths KEY

Character Strength	Description
20.) Self-Regulation	You avoid “overdoing” things. You avoid losing your temper.
21.) Social Intelligence	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.
22.) Sense of Purpose	You feel that you are here for a reason. You feel a sense of connection with something larger than yourself.
23.) Teamwork	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.
24.) Zest	You do what you do with energy and excitement. You view life as an adventure.



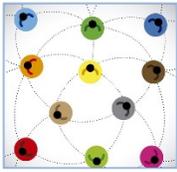
VIA Character Strengths KEY



The VIA Classification of 24 Character Strengths

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WISDOM	CREATIVITY <ul style="list-style-type: none"> Originality Adaptive Ingenuity 	CURIOSITY <ul style="list-style-type: none"> Interest Novelty-Seeking Exploration Openness 	JUDGMENT <ul style="list-style-type: none"> Critical Thinking Thinking Things Through Open-mindedness 	LOVE OF LEARNING <ul style="list-style-type: none"> Mastering New Skills & Topics Systematically Adding to Knowledge 	PERSPECTIVE <ul style="list-style-type: none"> Wisdom Providing Wise Counsel Taking the Big Picture View
COURAGE	BRAVERY <ul style="list-style-type: none"> Valor Not Shrinking from Fear Speaking Up for What's Right 	PERSEVERANCE <ul style="list-style-type: none"> Persistence Industry Finishing What One Starts 	HONESTY <ul style="list-style-type: none"> Authenticity Integrity 	ZEST <ul style="list-style-type: none"> Vitality Enthusiasm Vigor Energy Feeling Alive 	
HUMANITY	LOVE <ul style="list-style-type: none"> Both Loving and Being Loved Valuing Close Relations with Others 	KINDNESS <ul style="list-style-type: none"> Generosity Nurturance Care & Compassion Altruism "Niceness" 			SOCIAL INTELLIGENCE <ul style="list-style-type: none"> Aware of the Motives/ Feelings of Self/Others Knowing what Makes Other People Tick
JUSTICE	TEAMWORK <ul style="list-style-type: none"> Citizenship Social Responsibility Loyalty 			FAIRNESS <ul style="list-style-type: none"> Just Not Letting Feelings Bias Decisions About Others 	LEADERSHIP <ul style="list-style-type: none"> Organizing Group Activities Encouraging a Group to Get Things Done
TEMPERANCE		FORGIVENESS <ul style="list-style-type: none"> Mercy Accepting Others' Shortcomings Giving People a Second Chance 	HUMILITY <ul style="list-style-type: none"> Modesty Letting One's Accomplishments Speak for Themselves 	PRUDENCE <ul style="list-style-type: none"> Careful Cautious Not Taking Undue Risks 	SELF-REGULATION <ul style="list-style-type: none"> Self-Control Disciplined Managing Impulses & Emotions
TRANSCENDENCE	APPRECIATION OF BEAUTY & EXCELLENCE <ul style="list-style-type: none"> Awe Wonder Elevation 	GRATITUDE <ul style="list-style-type: none"> Thankful for the Good Expressing Thanks Feeling Blessed 	HOPE <ul style="list-style-type: none"> Optimism Future-Mindedness Future Orientation 	HUMOR <ul style="list-style-type: none"> Playfulness Bringing Smiles to Others Lighthearted 	SPIRITUALITY <ul style="list-style-type: none"> Religiousness Faith Purpose Meaning



VIA Character Strengths KEY



Learn Your Character Strengths. Live Your Potential.

The VIA Survey of Character Strengths is a simple self-assessment that takes less than 15 minutes and provides a wealth of information to help you understand your core characteristics. Most **personality tests** focus on negative and neutral traits, but the VIA Survey focuses on your best qualities.

Created under the direction of Dr. Martin Seligman, the "father of **Positive Psychology**" and author of Authentic Happiness and Flourish, and Dr. Christopher Peterson, distinguished scientist at the University of Michigan and author of A Primer in Positive Psychology, and validated by Robert McGrath, Ph.D., the VIA Survey is regarded as a central tool of positive psychology and has been used in hundreds of research studies and taken by over 5 million people in over 190 countries resulting in better workplaces... schools... teams...LIVES the world over.

[Take The Free VIA Survey](#)

“Of all the positive psychology tools I use I still find the VIA Survey the most simple, compelling and effective tool to help leaders and employees immediately create positive changes for themselves, their team and their organization.”

Michelle, Workplace Well-being Teacher

Personalize Your Character Strengths Results

Take the VIA Survey to discover your strengths. After completing the VIA Survey, your results are used to produce your personalized VIA Reports with exercises and resources to help you move towards a more fully realized 'you'.

 <p>VIA Survey Results</p> <p>FREE</p>	 <p>VIA ME!</p> <p>Only \$20</p>	 <p>VIA Pro</p> <p>Only \$40</p>
<p>Your Character Strengths Profile:</p> <ul style="list-style-type: none"> ✓ Rank order listing of all 24 strengths ✓ Discover where the strengths fall for you <p>TAKE THE SURVEY</p>	<p>Report on ALL 24 of your strengths:</p> <ul style="list-style-type: none"> ✓ A deep dive into your signature strengths ✓ Tips for boosting lesser strengths <p>BUY NOW LEARN MORE</p>	<p>In-depth review of your signature strengths:</p> <ul style="list-style-type: none"> ✓ Signature strengths research and benefits ✓ Learn about strengths overuse/underuse <p>BUY NOW LEARN MORE</p>

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