

VIA Survey of Character. Below is a list of important character strengths. Which of these do you believe are strengths for you? Circle all of these strengths. To further explore your own personal strengths, we encourage you to complete the VIA Survey of Character online at <http://www.viasurvey.org/>.¹⁴ Once you have completed that online measure, write your top five strengths in the spaces at the bottom of the worksheet.

Creativity	Social intelligence	Humor
Curiosity	Fairness	Spirituality
Open-mindedness	Leadership	Perspective (wisdom)
Love of learning	Forgiveness	Integrity (honest/genuine)
Bravery	Humility	Vitality (enthusiasm/energy)
Persistence	Appreciation of beauty	Citizenship (teamwork/loyalty)
Love	Gratitude	Prudence (careful/discretion)
Kindness	Hope	Self-regulation (self-control)

Strength 1: _____

Strength 2: _____

Strength 3: _____

Strength 4: _____

Strength 5: _____