

# Character Strengths Survey

Or go to [viacharacter.org](http://viacharacter.org) and take the survey there.

Please describe the person you are, NOT the person you wish you could be. Also, think about your life in general, not how you behaved in 1-2 situations.

1. a) The statement "I am always curious about the world" is
- |                     |   |
|---------------------|---|
| Very much like me   | 5 |
| Like me             | 4 |
| Neutral             | 3 |
| Unlike me           | 2 |
| Very much unlike me | 1 |

- b) "I am easily bored" is
- |                     |   |
|---------------------|---|
| Very much like me   | 1 |
| Like me             | 2 |
| Neutral             | 3 |
| Unlike me           | 4 |
| Very much unlike me | 5 |

total for 1=\_\_\_\_\_

2. a) The statement "I am thrilled when I learn something new" is
- |                     |   |
|---------------------|---|
| Very much like me   | 5 |
| Like me             | 4 |
| Neutral             | 3 |
| Unlike me           | 2 |
| Very much unlike me | 1 |

- b) "I never go out of my way to visit museums or other educational sites" is
- |                     |   |
|---------------------|---|
| Very much like me   | 1 |
| Like me             | 2 |
| Neutral             | 3 |
| Unlike me           | 4 |
| Very much unlike me | 5 |

total for 2=\_\_\_\_\_

3. a) The statement "When the topic calls for it, I can be a highly rational thinker" is
- |                     |   |
|---------------------|---|
| Very much like me   | 5 |
| Like me             | 4 |
| Neutral             | 3 |
| Unlike me           | 2 |
| Very much unlike me | 1 |

- b) "I tend to make snap judgments" is
- |                     |   |
|---------------------|---|
| Very much like me   | 1 |
| Like me             | 2 |
| Neutral             | 3 |
| Unlike me           | 4 |
| Very much unlike me | 5 |

total for 3=\_\_\_\_\_

4. a) "I like to think of new ways to do things" is
- |                     |   |
|---------------------|---|
| Very much like me   | 5 |
| Like me             | 4 |
| Neutral             | 3 |
| Unlike me           | 2 |
| Very much unlike me | 1 |

- b) "Most of my friends are more imaginative than I am" is
- |                     |   |
|---------------------|---|
| Very much like me   | 1 |
| Like me             | 2 |
| Neutral             | 3 |
| Unlike me           | 4 |
| Very much unlike me | 5 |

total for 4=\_\_\_\_\_

5. a) "No matter what the social situation, I am able to fit in" is
- |                     |   |
|---------------------|---|
| Very much like me   | 5 |
| Like me             | 4 |
| Neutral             | 3 |
| Unlike me           | 2 |
| Very much unlike me | 1 |

- b) "I am not very good at sensing what other people are feeling" is
- |                     |   |
|---------------------|---|
| Very much like me   | 1 |
| Like me             | 2 |
| Neutral             | 3 |
| Unlike me           | 4 |
| Very much unlike me | 5 |

total for 5=\_\_\_\_\_

6. a) "I am always able to look at things and see the big picture" is
- |                     |   |
|---------------------|---|
| Very much like me   | 5 |
| Like me             | 4 |
| Neutral             | 3 |
| Unlike me           | 2 |
| Very much unlike me | 1 |

- b) "Others rarely come to me for advice" is
- |                     |   |
|---------------------|---|
| Very much like me   | 1 |
| Like me             | 2 |
| Neutral             | 3 |
| Unlike me           | 4 |
| Very much unlike me | 5 |

total for 6=\_\_\_\_\_

7. a) "I have taken frequent stands in the face of strong opposition" is  
 Very much like me 5  
 Like me 4  
 Neutral 3  
 Unlike me 2  
 Very much unlike me 1
- b) "Pain and disappointment often get the better of me" is  
 Very much like me 1  
 Like me 2  
 Neutral 3  
 Unlike me 4  
 Very much unlike me 5
- total for 7=\_\_\_\_\_

8. a) "I always finish what I start" is  
 Very much like me 5  
 Like me 4  
 Neutral 3  
 Unlike me 2  
 Very much unlike me 1
- b) "I get sidetracked when I work" is  
 Very much like me 1  
 Like me 2  
 Neutral 3  
 Unlike me 4  
 Very much unlike me 5
- total for 8=\_\_\_\_\_

9. a) "I always keep my promises" is  
 Very much like me 5  
 Like me 4  
 Neutral 3  
 Unlike me 2  
 Very much unlike me 1
- b) "My friends never tell me I'm down to earth" is  
 Very much like me 1  
 Like me 2  
 Neutral 3  
 Unlike me 4  
 Very much unlike me 5
- total for 9=\_\_\_\_\_

10. a) "I have voluntarily helped a neighbor in the last month" is  
 Very much like me 5  
 Like me 4  
 Neutral 3  
 Unlike me 2  
 Very much unlike me 1
- b) "I am rarely as excited about the good fortune of others as I am about my own" is  
 Very much like me 1  
 Like me 2  
 Neutral 3  
 Unlike me 4  
 Very much unlike me 5
- total for 10=\_\_\_\_\_

11. a) "There are people in my life who care as much about my feelings and well-being as they do about their own" is  
 Very much like me 5  
 Like me 4  
 Neutral 3  
 Unlike me 2  
 Very much unlike me 1
- b) "I have trouble accepting love from others" is  
 Very much like me 1  
 Like me 2  
 Neutral 3  
 Unlike me 4  
 Very much unlike me 5
- total for 11=\_\_\_\_\_

12. a) "I work at my best when I am in a group" is  
 Very much like me 5  
 Like me 4  
 Neutral 3  
 Unlike me 2  
 Very much unlike me 1
- b) "I hesitate to sacrifice my self-interest for the benefit of groups I am in" is  
 Very much like me 1  
 Like me 2  
 Neutral 3  
 Unlike me 4  
 Very much unlike me 5
- total for 12=\_\_\_\_\_

13. a) "I treat all people equally regardless of who they might be" is
- |                     |   |
|---------------------|---|
| Very much like me   | 5 |
| Like me             | 4 |
| Neutral             | 3 |
| Unlike me           | 2 |
| Very much unlike me | 1 |

- b) "If I do not like someone, it is difficult for me to treat him or her fairly" is
- |                     |   |
|---------------------|---|
| Very much like me   | 1 |
| Like me             | 2 |
| Neutral             | 3 |
| Unlike me           | 4 |
| Very much unlike me | 5 |

total for 13=\_\_\_\_\_

14. a) "I can always get people to do things together without nagging them" is
- |                     |   |
|---------------------|---|
| Very much like me   | 5 |
| Like me             | 4 |
| Neutral             | 3 |
| Unlike me           | 2 |
| Very much unlike me | 1 |

- b) "I am not very good at planning group activities" is
- |                     |   |
|---------------------|---|
| Very much like me   | 1 |
| Like me             | 2 |
| Neutral             | 3 |
| Unlike me           | 4 |
| Very much unlike me | 5 |

total for 14=\_\_\_\_\_

15. a) "I control my emotions" is
- |                     |   |
|---------------------|---|
| Very much like me   | 5 |
| Like me             | 4 |
| Neutral             | 3 |
| Unlike me           | 2 |
| Very much unlike me | 1 |

- b) "I can rarely stay on a diet" is
- |                     |   |
|---------------------|---|
| Very much like me   | 1 |
| Like me             | 2 |
| Neutral             | 3 |
| Unlike me           | 4 |
| Very much unlike me | 5 |

total for 15=\_\_\_\_\_

16. a) "I avoid activities that are physically dangerous" is
- |                     |   |
|---------------------|---|
| Very much like me   | 5 |
| Like me             | 4 |
| Neutral             | 3 |
| Unlike me           | 2 |
| Very much unlike me | 1 |

- b) "I sometimes make poor choices in friendships and relationships" is
- |                     |   |
|---------------------|---|
| Very much like me   | 1 |
| Like me             | 2 |
| Neutral             | 3 |
| Unlike me           | 4 |
| Very much unlike me | 5 |

total for 16=\_\_\_\_\_

17. a) "I change the subject when people pay me compliments" is
- |                     |   |
|---------------------|---|
| Very much like me   | 5 |
| Like me             | 4 |
| Neutral             | 3 |
| Unlike me           | 2 |
| Very much unlike me | 1 |

- b) "I often talk about my accomplishments" is
- |                     |   |
|---------------------|---|
| Very much like me   | 1 |
| Like me             | 2 |
| Neutral             | 3 |
| Unlike me           | 4 |
| Very much unlike me | 5 |

total for 17=\_\_\_\_\_

18. a) "In the last month, I have been thrilled by excellence in music, art, drama, film, sport, science or mathematics" is
- |                     |   |
|---------------------|---|
| Very much like me   | 5 |
| Like me             | 4 |
| Neutral             | 3 |
| Unlike me           | 2 |
| Very much unlike me | 1 |

- b) "I have not created anything of beauty in the last year" is
- |                     |   |
|---------------------|---|
| Very much like me   | 1 |
| Like me             | 2 |
| Neutral             | 3 |
| Unlike me           | 4 |
| Very much unlike me | 5 |

total for 18=\_\_\_\_\_

19. a) "I always shay thank you, even for little things" is  
 Very much like me 5  
 Like me 4  
 Neutral 3  
 Unlike me 2  
 Very much unlike me 1

b) "I rarely stop and count my blessings" is  
 Very much like me 1  
 Like me 2  
 Neutral 3  
 Unlike me 4  
 Very much unlike me 5

total for 19=\_\_\_\_\_

20. a) "I always look on the bright side" is  
 Very much like me 5  
 Like me 4  
 Neutral 3  
 Unlike me 2  
 Very much unlike me 1

b) "I rarely have a well-thought-out plan for what I want to do" is  
 Very much like me 1  
 Like me 2  
 Neutral 3  
 Unlike me 4  
 Very much unlike me 5

total for 20=\_\_\_\_\_

21. a) "My life has a strong purpose" is  
 Very much like me 5  
 Like me 4  
 Neutral 3  
 Unlike me 2  
 Very much unlike me 1

b) "I do not have a calling in life" is  
 Very much like me 1  
 Like me 2  
 Neutral 3  
 Unlike me 4  
 Very much unlike me 5

total for 21=\_\_\_\_\_

22. a) "I always let bygones be bygones" is  
 Very much like me 5  
 Like me 4  
 Neutral 3  
 Unlike me 2  
 Very much unlike me 1

b) "I always try to get even" is  
 Very much like me 1  
 Like me 2  
 Neutral 3  
 Unlike me 4  
 Very much unlike me 5

total for 22=\_\_\_\_\_

23. a) "I always mix work and play as much as possible" is  
 Very much like me 5  
 Like me 4  
 Neutral 3  
 Unlike me 2  
 Very much unlike me 1

b) "I rarely say funny things" is  
 Very much like me 1  
 Like me 2  
 Neutral 3  
 Unlike me 4  
 Very much unlike me 5

total for 23=\_\_\_\_\_

24. a) "I throw myself into everything I do" is  
 Very much like me 5  
 Like me 4  
 Neutral 3  
 Unlike me 2  
 Very much unlike me 1

b) "I mope a lot" is  
 Very much like me 1  
 Like me 2  
 Neutral 3  
 Unlike me 4  
 Very much unlike me 5

total for 24=\_\_\_\_\_

## Strengths Survey Results

Enter your scores for each of the questions below in the left column.

Circle your top 5 strengths.

Character Strength	
1	<b>Curiosity:</b> You are an explorer; you seek novelty; you are interested in new activities, ideas, and people; you are open to new experiences.
2	<b>Love of Learning:</b> You often find ways to deepen your knowledge and experiences; you regularly look for new opportunities to learn; you are passionate about building knowledge
3	<b>Judgment/Critical Thinking/Open mindedness:</b> You are analytical; you examine things from all sides; you do not jump to conclusions, but instead attempt to weigh all the evidence when making decisions.
4	<b>Creativity/ Ingenuity:</b> You are viewed as a creative person; you see, do, and/or create things that are of use; you think of unique ways to solve problems and be productive.
5	<b>Social Intelligence:</b> You pay close attention to social nuances and the emotions of others; you have good insight into what makes people “tick”; you seem to know what to say and do in any social situation.
6	<b>Perspective/Wisdom:</b> You take the “big picture” view of things; others turn to you for wise advice; you help others make sense of the world; you learn from your mistakes.
7	<b>Bravery/Courage:</b> You face your fears and overcome challenges and adversity; you stand up for what is right; you do not shrink in the face of pain or inner tension or turmoil.
8	<b>Perseverance:</b> You keep going and going when you have a goal in mind; you attempt to overcome all obstacles; you finish what you start.
9	<b>Honesty/ Integrity:</b> You are a person of high integrity and authenticity; you tell the truth, even when it hurts; you present yourself to others in a sincere way; you take responsibility for your actions.
10	<b>Kindness:</b> You do good things for people; you help and care for others; you are generous and giving; you are compassionate.
11	<b>Love:</b> You are warm and genuine to others; you not only share but are open to receiving love from others; you value growing close and intimate with others.
12	<b>Teamwork:</b> You are a collaborative and participative member on groups and teams; you are loyal to your group; you feel a strong sense of duty to your group; you always do your share.

Character Strength	
13	<b>Fairness:</b> You believe strongly in an equal and just opportunity for all; you don't let personal feelings bias your decisions about others; you treat people the way you want to be treated.
14	<b>Leadership:</b> You positively influence those you lead; you prefer to lead than to follow; you are very good at organizing and taking charge for the collective benefit of the group.
15	<b>Self-Regulation:</b> You are a very disciplined person; you manage your vices and bad habits; you stay calm and cool under pressure; you manage your impulses and emotions.
16	<b>Prudence:</b> You are wisely cautious; you are planful and conscientious; you are careful to not take undue risks or do things you might later regret.
17	<b>Humility/Modesty:</b> You let your accomplishments speak for themselves; you see your own goodness but prefer to focus the attention on others; you do not see yourself as more special than others; you admit your imperfections.
18	<b>Appreciation of Beauty &amp; Excellence:</b> You notice the beauty and excellence around you; you are often awe-struck by beauty, greatness, and/or the moral goodness you witness; you are often filled with wonder.
19	<b>Gratitude:</b> You regularly experience and express thankfulness; you don't take the good things that happen in your life for granted; you tend to feel blessed in many circumstances.
20	<b>Hope:</b> You are optimistic, expecting the best to happen; you believe in and work toward a positive future; you can think of many pathways to reach your goals.
21	<b>Spirituality/Sense of Meaning:</b> You hold a set of beliefs, whether religious or not, about how your life is part of something bigger and more meaningful; those beliefs shape your behavior and provide a sense of comfort, understanding, and purpose.
22	<b>Forgiveness/Mercy:</b> You readily let go of hurt after you are wronged; you give people a second chance; you are not vengeful or resentful; you accept people's shortcomings.
23	<b>Humor:</b> You are playful; you love to make people smile and laugh; your sense of humor helps you connect closely to others; you brighten gloomy situations with fun and/or jokes.
24	<b>Zest:</b> You are enthusiastic toward life; you are highly energetic and activated; you use your energy to the fullest degree.



# Using Your Strengths

The intervention shown to be effective is using a top strength in a new way every day (for a week) so these ideas will just get you started. You might need to use creativity and curiosity to create other new ways or you might put a twist on one of the above suggestions (e.g., the activity “surprise somebody with a small gift” might be used with different people in your life).

## 1) **Creativity:**

- Think of one of your problems and two possible solutions. Present the solutions non-verbally as an act or mime to someone.
- Turn an inanimate object (e.g., like paperclips, toothpicks) into something meaningful.

## 2) **Curiosity:**

- Try a new food for the first time, preferably from a culture different than your own.
- Take a different route home and explore a new area or neighborhood.

## 3) **Judgment (critical thinking):**

- Watch a political program from the opposite point of view of your own, and keep an open mind.
- Ask one or two clarifying questions of someone who has a different approach to life or different beliefs than you (e.g., a vegetarian).

## 4) **Love of learning:**

- Read some of the original works of Gandhi online.
- Consider your favorite subject matter. Do an Internet search and surprise yourself by discovering something new about the topic.

## 5) **Perspective (wisdom):**

- For one of your interactions today: First, listen closely. Second, share your ideas and thoughts.
- Consider the wisest quotation you have come across. Think of one way you can live more true to that quote.

## 6) **Bravery (courage):**

- Take on a new adventure or hobby that fits with one of your areas of interest.
- Consider one of your personal fears. Take one small, healthy action toward facing it right now.

## 7) **Perseverance:**

- Complete a small project that you have been putting off.



- Set a new goal today, list 2 potential obstacles that may come up, and ways that you will overcome them.
- 8) **Honesty:**
- Write a poem that expresses an inner truth.
  - Contact a family member or friend whom you have told a “partial” truth and give them the complete details.
- 9) **Zest:**
- Exert your energy in a unique way – jump on a bed, run in place, practice yoga or body stretching, or chase around a child or pet.
  - Express your energy through an outfit, pair of shoes, and/or accessories that are striking and colorful.
- 10) **Love:**
- Surprise somebody with a small gift that shows you care (e.g., flowers, a Starbucks coffee).
  - Tell someone about a strength you saw them use and how much you value it. Words of affirmation are a powerful, verbal force for the expression of love.
- 11) **Kindness:**
- Put coins in someone’s parking meter that has run out of money.
  - Stop by a hospital or nursing home and offer to visit with someone who is lonely.
  -
- 12) **Social intelligence:**
- Start up a conversation with someone whom you normally would not say much more to than typical pleasantries. This person might be the woman at the checkout counter, a telemarketer, or a new employee.
  - Express a feeling of frustration, disappointment, or nervousness in a healthy, direct way that someone can easily understand.
- 13) **Teamwork:**
- Spot and express appreciation for the strengths expressed by your team members.
  - Savor a positive team interaction from the past by replaying it in your mind; share it at a team meeting.
- 14) **Fairness:**
- Look for beings (e.g., people, animals) that are cast aside or typically held in disgust and go out of your way to treat them right.
  - Include someone in a conversation who is typically excluded from groups or is a newcomer.

15) **Leadership:**

- Discuss with someone who reports to you about how they can align their top character strength more in their work.
- Gather and lead a group to help support a cause you believe in.
- 

16) **Forgiveness:**

- Let go of a minor irritant or a grudge.
- Give yourself permission to make a mistake.

17) **Humility:**

- Consider an interaction that typically involves you doing more talking/sharing and flip it to where the other person talks/shares more.
- Ask someone you trust to give you feedback on your struggles and growth areas.
- 

18) **Prudence:**

- Before you make a decision that is typically very easy, take one full minute to think about it before you take action.
- Write down your plans for each hour of the remainder of the day, no matter how trivial.

19) **Self-regulation:**

- The next time you feel irritated or nervous today, pause and breathe with the experience for a count of 10 breathes.
- Monitor all the food and drinks you put in your body. Write it down on a tracking sheet.

20) **Appreciation of Beauty & Excellence:**

- Go outside and stand still in a beautiful environment for 20 minutes.
- Listen to a song or piece of music that is viewed as extraordinary; allow yourself to marvel at the talent that went into producing it.

21) **Gratitude:**

- Tell someone “thanks” who deserves it and is typically not recognized.
- Share your appreciation on a Post-It Note that you put on someone’s desk as a surprise or send it in a spontaneous e-mail.
- 

22) **Hope:**

- Consider a problem or struggle you are having. Write down two optimistic, realistic thoughts that bring comfort.
- Watch a movie that promotes a message of hope and think about how the message applies to your life.

23) **Humor:**

- Do something spontaneous and playful around another person (e.g., saying something silly, contorting your body in a weird way, or telling a funny story or joke).
- Watch a classic comedy show you haven't seen before and laugh as much as possible.

24) **Spirituality:**

- Read about a religion/spirituality different from your own and look for ways in which the core messages parallel one another.
- Contemplate the "sacredness" of this present moment. Allow yourself to find meaning in the moment.