



Discover Your Character Strengths - Reflection Template

Discover your personal character strengths and explore how you can use them to support your digital well-being journey.

First, complete the VIA Character Strengths survey by registering for free at the link provided. Then, review your top strengths and reflect on how they can help you achieve your digital goals. We suggest opening this in a new tab by right-clicking on the link.

Survey links:

- [Complete the VIA Character Strengths survey.](#)
- [Learn more about your strengths.](#)

Reflect:

How can you use your top strengths to support your digital goals? In what ways can your top strengths help you achieve healthier and more balanced digital habits?