



VIA Me!
Pathways Report for
David Mougeolle



DISCOVER YOUR BEST SELF

- Why Signature Strengths Matter
- New ways to Flex your Strengths!
- Balancing and Boosting Middle and Lesser Strengths

Intro

This VIA-Me Pathways Report will help you get in closer touch with all of your character strengths. You will learn more about your **positive qualities** and **gain tools** that will help you put your strengths to work in your life.

Character strengths can help you:

- Increase your happiness at home and work.
- Improve your relationships.
- Discover balance with your health.
- Increase your performance at work and school.
- Achieve your life goals.

Many people in today's world focus almost entirely on what's wrong with them – their problems, their struggles, and their stressors – and often lose sight of what is good and strong in them. But, there's much more to life than problems. This VIA-Me Pathways Report is a way for you to take a **strengths-based approach** in life, and will help you shift your focus from what's wrong to **what's strong**.

A strengths-based approach:

- Is honest (acknowledges problems, but doesn't get lost in them)
- Is positive (focuses on what is best and good)
- Is empowering (encourages and advances the individual)
- Is energizing (uplifts and fuels the person)
- Is connecting (brings the person closer to others, aiding in mutual connection)

You will learn that you have many character strengths, some more naturally-occurring in you than others. As you go through these pages, it is important to remember that you have the **capacity to express and develop** all of the 24 strengths discussed in this report. In a nutshell, all strengths are important – **they all matter** – some are more relevant at certain times than others.

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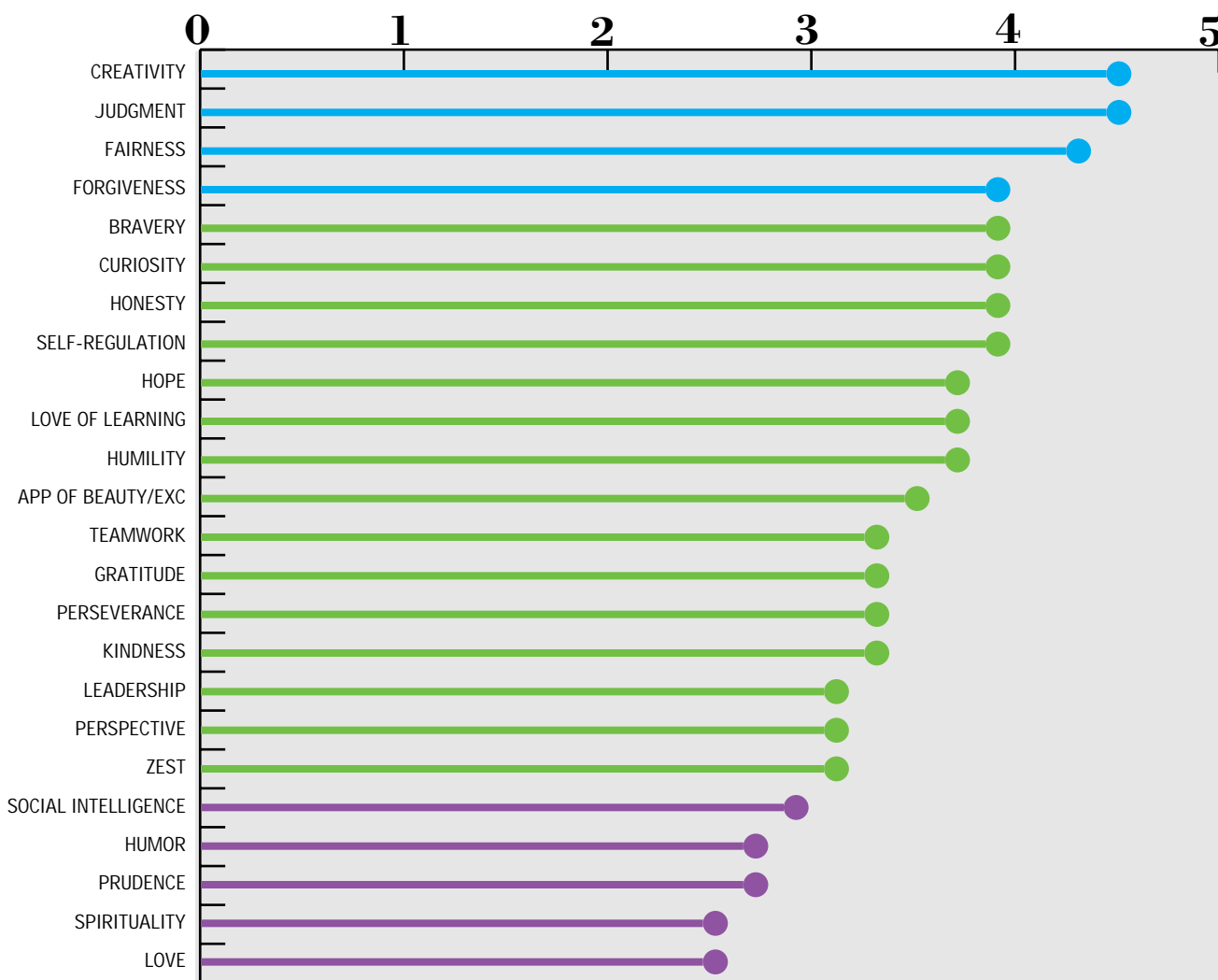
Explore Your Lower Strengths

David Mougeolle

Character Strengths Profile



This graph shows all of your 24 character strengths in rank-order. Remember that all 24 of these strengths are important. You have varying degrees of all of these character strengths and the capacity to express each one.



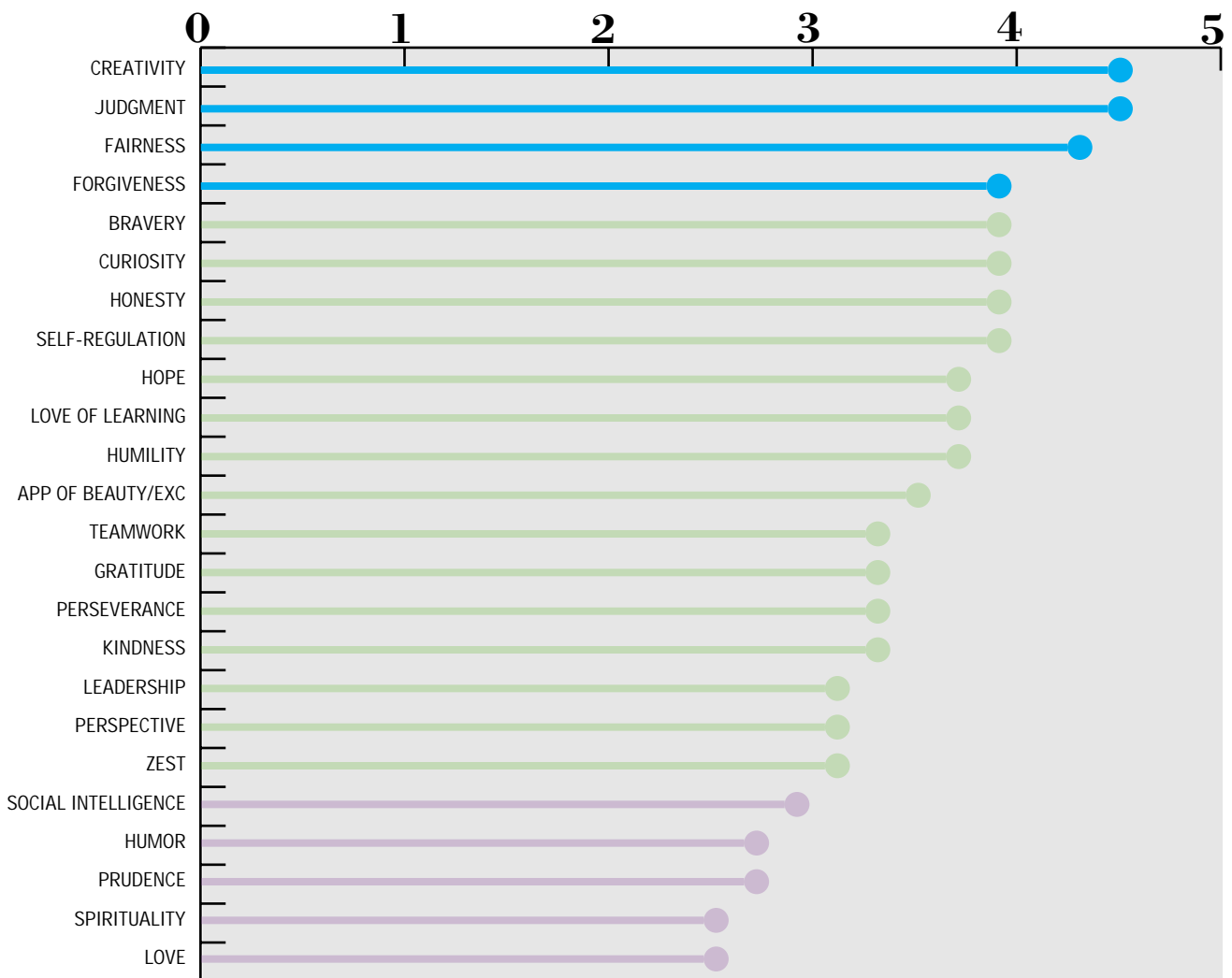


Your Signature Strengths

Your signature strengths are those strengths that best describe the positive aspects of who you are. These strengths are strong capacities in you and they are probably engaging, energizing, and comfortable for you to use. Your family and friends would immediately agree these are important strengths that you have. Finding ways to use and express these strengths is likely to bring you many benefits, and can help you create your best life.

In the pages that follow you will see a detailed description of each of your signature strengths as well as other important and useful information about the strength and how to apply it in your life. As you read through the details of your signature strengths, consider two points:

- ➊ How has the signature strength played a role in your life successes?
- ➋ What effect does using your signature strengths have on others?



1 Creativity

About your strength of Creativity

One of your signature strengths is creativity, which is also viewed as originality and ingenuity. You are an original thinker. You think of new and different ways to solve everyday problems. People say you have a good imagination. You may or may not be artistic, but you are certainly creative in your approach to life and when you are given a task to create something (e.g., a new program, a new design, a new way of organizing something). When people come to you with a problem, it is often your creativity strength that helps you provide a good solution or approach.

When you are truly doing something or saying something that is creative, there are at least two elements involved: originality of the idea or the product and adaptability in that it is practical or useful in life. Creativity is one of your wisdom strengths because it helps you to work with, build, and apply your knowledge for the benefit of others and yourself.

Words of *Wisdom* and *Inspiration*

The point of creativity is to express and challenge yourself, to make meaning, to embrace your life.
-Peggy Orenstein

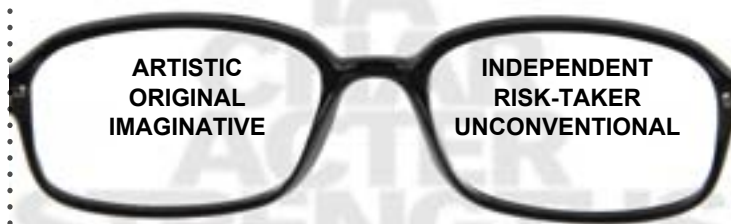
The creative is the place where no one else has ever been. You have to leave the city of your comfort and go into the wilderness of your intuition. What you'll discover will be wonderful. What you'll discover is yourself.
-Alan Alda

I teach my sighs to lengthen into songs.
-Theodore Roethke

Imagination is the beginning of creation. You imagine what you desire, you will what you imagine, and at last you create what you will.
-George Bernard Shaw

HOW OTHERS SEE YOU

People might describe you as:



*Did you
know?*

There are many ways to boost creativity, such as engaging in problem-solving activities, reading or writing poetry, journaling, and participating in cultural/art programs.

1 Creativity

Why does it matter?

Your creativity helps you to be open to new experiences, to discover new opportunities, and to take risks. This helps drive your interest in activities and generate ideas that others find interesting.

If you are like many creative people, your self-confidence and strong self-knowledge help you to be comfortable in a variety of situations and to adapt to challenges that come up, whether they be internal challenges (e.g., depression) or external stressors.

When you are in a leadership role, your creativity helps you to inspire and motivate your followers and even to help them become leaders themselves.

Words of *Wisdom* and *Inspiration*

The creation is not a study, a roughed-in sketch; it is supremely, meticulously created, created abundantly, extravagantly, and in fine....Even on the perfectly ordinary and clearly visible level, creation carries on with an intricacy unfathomable and apparently uncalled for.

-Annie Dillard

Flex your Strength



Consider This

Creativity is a strength often discussed in the domains of one's work and hobbies, but it can be applied to any life domain. How have you used your creativity in your close relationships?

2 Judgment

About your strength of Judgment

One of your signature strengths is judgment, often referred to as open-mindedness or critical thinking. You weigh information thoroughly. You consider all possibilities and examine things from all sides. You make sure you have all the facts before making your decisions.

Judgment is a strength that helps you build knowledge about a particular topic, issue, or point of view. When you are using this strength, you are looking at things from all angles. You are thinking through problems and challenges that come up, and you are not quick to jump to conclusions. When you are at your best with this strength, you show the ability to weigh issues fairly and to change your mind in the light of new evidence.

Words of *Wisdom* and *Inspiration*

Not knowing when the dawn will come, I open every door.

-Emily Dickinson

All attack is a call for help. When you know this, you begin at once to look deeply into the question of what kind of help is being called for.

-Neale Donald Walsch

After an orange cloud — formed as a result of a dust storm over the Sahara and caught up by air currents — reached the Philippines and settled there with rain, I understood that we are all sailing in the same boat.

-Vladimir Kovalyonok (Astronaut)

It is a bad plan that admits of no modification.

-Publilius Syrus

HOW OTHERS SEE YOU

People might describe you as:



*Did you
know?*

People are nearly twice as likely to seek information that supports their attitudes, beliefs, and behaviors, rather than contradictory information that would support their judgment strength.

2 Judgment

Why does it matter?

Because you are open-minded and less likely to be biased in your decision making, you are more likely to make accurate decisions and make decisions that you do not regret. The reason for this is you evaluate all sides of an issue equally whereas close-minded people favor the views of authority figures, popular convention, or currently held viewpoints.

Your strength of judgment helps you counteract faulty thinking. If you find yourself getting caught in negative thinking traps, you have the benefit of calling upon your judgment strength to find the balance in the situation. Others look to you for a balanced viewpoint, making you a good friend and confidante. You are likely to be a good listener, a characteristic that helps you form meaningful relationships.

Judgment relates to the search for meaning in life. This helps you as you develop that pathway to happiness that deals with uncovering a sense of what brings you deeper meaning and purpose in your life.

Words of *Wisdom* and *Inspiration*

To see a world in a grain of sand, and heaven in a wildflower, hold infinity in the palm of your hand and eternity in an hour.

-William Blake

Flex your Strength



Consider This

Judgment is a strength that helps you see situations from many angles. How might you use this strength in your relationships in a way that helps nurture and develop them?

3 Fairness

About your strength of Fairness

One of your signature strengths is fairness, which is treating all people in a just and balanced way. This does not mean that you treat everyone the same, rather that you treat all people according to principles of fairness and justice. It is important to you that all people get a chance and are treated with equality. You believe that everyone's opinion counts, regardless of how you feel personally about them; this reflects your ability to put yourself in other people's shoes. You feel that the ability to compromise is an important part of who you are. Your fairness is probably a critical factor in what leads people to trust you and to feel close to you.

You are often good at being able to see different perspectives when moral dilemmas arise. You push yourself to think from another person's reality and do not let personal feelings bias your decisions about others. As someone who cares about fairness, you are willing to stand up for those who are cast aside in society or are mistreated. The more you practice being open-minded, the more tolerant of other cultures and perspectives that you find yourself becoming.

Words of *Wisdom* and *Inspiration*

I have always found that mercy bears richer fruits than strict justice.

-Abraham Lincoln

To this day I believe we are here on earth to live, grow, and do what we can to make this world a better place for all people to enjoy freedom.

-Rosa Parks

Justice consists not in being neutral between right and wrong but in finding out the right and upholding it, wherever found, against the wrong.

-Theodore Roosevelt

Courage is of no value unless accompanied by justice; yet if all men became just, there would be no need for courage.

-Agesilaus the Second

HOW OTHERS SEE YOU

People might describe you as:



*Did you
know?*

Fairness is one of the most commonly endorsed character strengths across the world.

3 Fairness

Why does it matter?

A well-developed and balanced strength of fairness brings forth a number of benefits. You are a good problem solver, especially when it comes to relationship issues. This is enhanced by your ability to take the perspective of others. Fairness causes other people to trust you.

Other benefits of your fairness are self-reflection and self-knowledge, which emerge from your sensitivity to issues of morality and justice. Moreover, you are more likely to engage in positive, prosocial behavior and less likely to get involved with illegal and immoral behavior or any type of behavior that has a direct negative impact on others.

Words of *Wisdom* and *Inspiration*

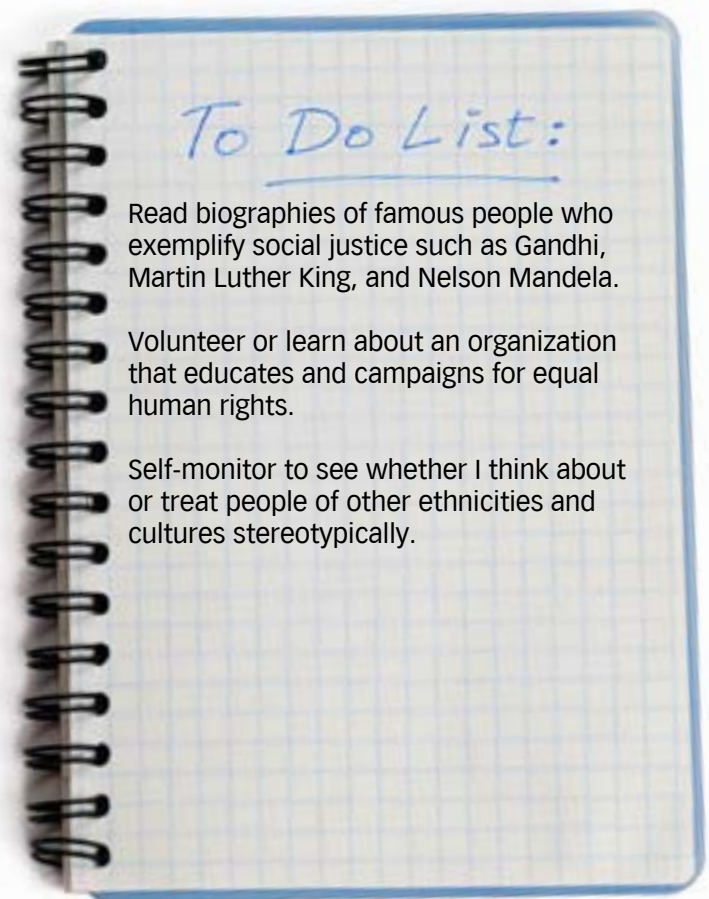
It is in justice that the ordering of society is centered.

-Aristotle

Justice is the constant and perpetual will to allot to every man his due.

-Domitius Ulpian

Flex your Strength



Consider This

Your fairness character strength probably plays an important role in the major decisions that you make. Can you think of a particular situation in which fairness was the major driving factor in a decision you made or action you took for the greater good?

4 Forgiveness

About your strength of Forgiveness

One of your signature strengths is forgiveness, which is also referred to as mercy. You let go of hurt feelings, and you don't hold grudges. You give people a second chance and try to make amends. Being able to "let go" of problems or conflicts comes relatively easy to you. You want to see others make a fresh start after their mistakes. To use an old adage: You let bygones be bygones.

Forgiveness is a strength that protects you from harboring hatred and resentment. It is a big challenge for many people to accept others' shortcomings and to let go of negative things that others say and do. Your being able to let such sufferings go is good for your physical and psychological health and for those around you.

There have been a number of interesting findings on how to build forgiveness. Many of these you have probably already realized. One of the most important concepts is that forgiveness is a process, not a yes or no decision to be made. It is a repeated act of letting go that you might have practiced deliberately.

Words of *Wisdom* and *Inspiration*

If we are to achieve a richer culture, rich in contrasting values, we must recognize the whole gamut of human potentialities, and so weave a less arbitrary social fabric, one in which each diverse human gift will find a fitting place.
-Margaret Mead

The weak can never forgive. Forgiveness is the attribute of the strong.
-Mahatma Gandhi

It is easier to forgive an enemy than to forgive a friend.
-William Blake

Mistakes are the portals of discovery.
-James Joyce

HOW OTHERS SEE YOU

People might describe you as:



Did you know?

One of the best ways to build forgiveness is to view it as an ongoing process that can be developed with sustained effort over time.

4 Forgiveness

Why does it matter?

You experience less of the negative emotions of anger, anxiety, depression, and hostility than less forgiving people. Forgiveness also helps to make you emotionally stable, agreeable, and likable. You may experience some physical and psychological health benefits, such as psychological well-being, having healthy lifestyle behaviors, social support, and spiritual well-being.

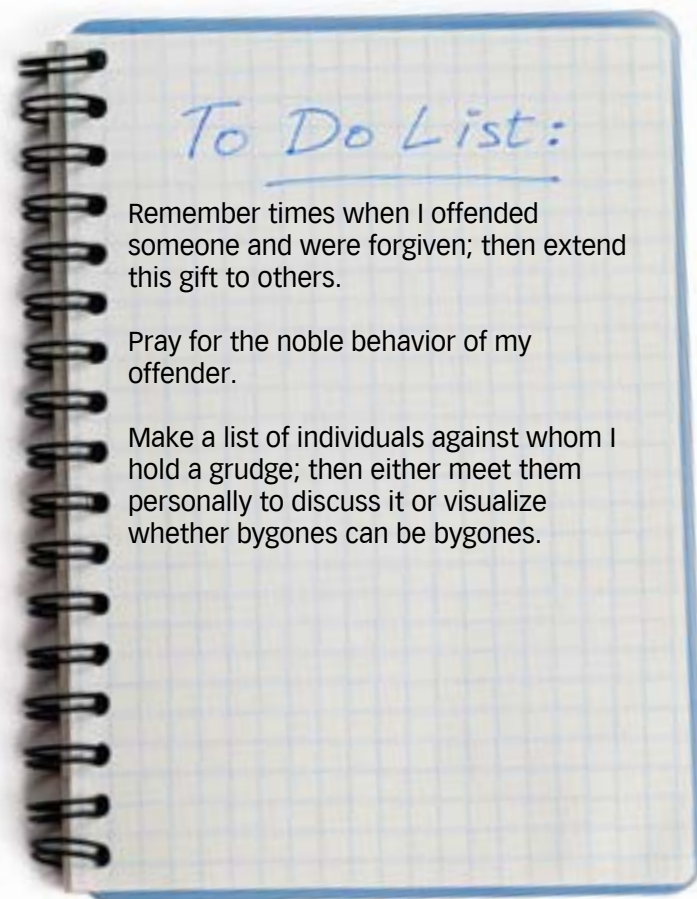
In the workplace, there are a number of potential benefits from your strength of forgiveness, including having productive interpersonal relationships, thriving in team situation, job satisfaction, high morale, innovative problem solving, a sense of flexibility when facing change, and greater productivity.

Words of *Wisdom* and *Inspiration*

When I accuse my neighbor, I may be wrong, but never when I forgive.

-Karl Heinrich Waggerl

Flex your Strength



Consider This

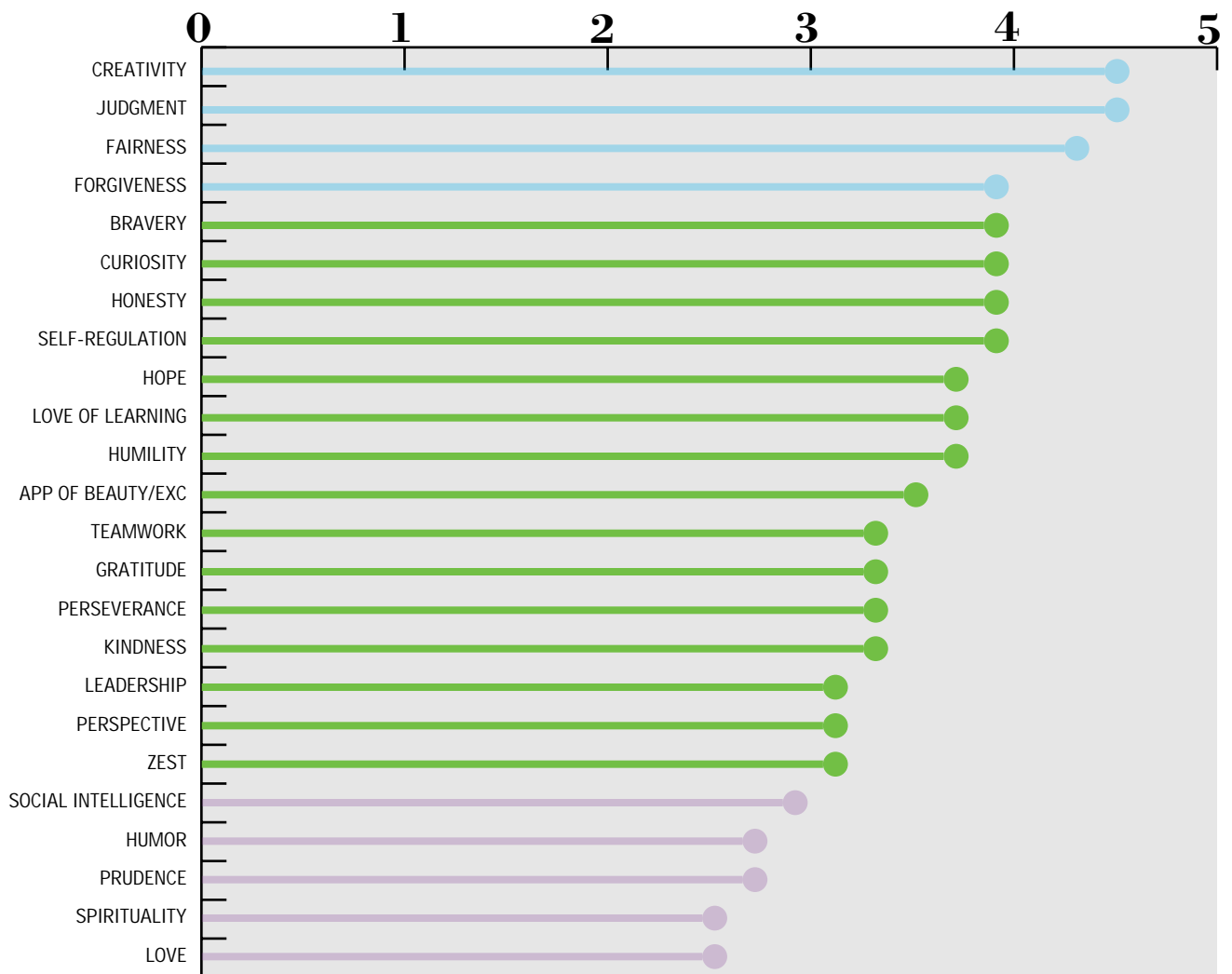
Forgiveness is often described as an important strength—or even a “gift”—that we can give others after they have harmed us in some way. But it can also be applied inwardly. How might you direct your forgiveness strength to yourself?



Your Middle Strengths

Your middle strengths are an important part of who you are. While these are not your highest, or signature strengths, they still are likely to be ones that you express in your life. However, it may be that they are strengths that you express mostly in one life domain (e.g., work) instead of broadly across all domains, or they could be strengths that are, situational strengths, in that you express them when the circumstance calls for it.

These strengths are likely not as automatic as your signature strengths, but they are close within reach and at your disposal. It is important to understand your middle strengths and how they are expressed in your life.





Your Middle Strengths

Keep in mind that your middle strengths often serve as a way to balance, support, or manage your signature strengths. For example, someone high in leadership or perseverance who is really hardworking may need to often keep their strength of perspective close by to know "when to say when." Someone high in curiosity or love of learning who gets wrapped up in factual details and knowledge may need to use their strengths of kindness and fairness close at hand to maintain a focus on others and a base toward relationships.

5

Bravery

Sometimes you are able to stand up for what is right, even when others oppose you. People may know you as someone who does not shrink in the face of a threat and can stand up against popular opinion. You may be able to face your fears or your own personal struggles directly.

Curiosity

You often see yourself as an explorer, open to new experiences and knowledge. Sometimes you find yourself wondering about things. Many times you are drawn to the new and different. You may enjoy discovering new places, people, situations, and ideas.

6

7

Honesty

You present yourself in a genuine way and act sincerely in most circumstances. People probably describe you as real: What you see is what you get. You try to be truthful and keep your promises and commitments. Most of the time, you mean what you say and say what you mean.

Self-Regulation

In many or all situations, you are able to control your impulses, desires, and your emotions. Most of the time, you are a disciplined person, and you are able to keep up with healthy habits of living. This strength helps you to keep a sense of balance, order, and progress in your life.

8



Your Middle Strengths

9

Hope

Your middle strength of hope means that you usually look on the bright side of life and find positives when others may only see negatives. Most of the time you believe that you can accomplish the goals you set, and you expect the best for the future.

Love of Learning

Your middle strength of love of learning means you usually feel good when you are increasing your knowledge, either by reading, going to museums and libraries, taking classes or watching educational television. At times, when you learn something new, you feel as though a door opens and you never want to stop learning. You may find yourself digging deep into old and new topics, not being satisfied with a shallow understanding of things.

10

11

Humility

In most situations you would rather blend into the crowd than stand out. You are able to put others before yourself, and you try not to act as if you are more special or important than others. You may describe yourself as a modest person—one who lets their accomplishments speak for themselves.

App of Beauty/Exc

You are able to see beauty around you and appreciate when things are done with excellence. Sometimes you are in awe of things that others may take for granted. You may admire great art and science, such as what may be seen in music, movies, and drama, and jobs done to high standards.

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Your Middle Strengths

13

Teamwork

In most cases, you thrive as a group member more than working alone. You are supportive in group settings and respect your leaders. Teamwork is related to citizenship, loyalty, and social responsibility, so you probably enjoy the harmony of the greater group or community.

Gratitude

You are often thankful for things in your life, such as your health, good fortune, and relationships. You may take time to count your blessings or reflect on how you have lived or are living a blessed life. You occasionally not only feel but express thankfulness for the good things that happen to you and your loved ones.

14

15

Perseverance

You prefer to finish what you start and overcome the obstacles involved. You may enjoy setting goals and working hard to reach them. People might describe you as a hard worker. In some circumstances you can gut it out by working long hours or sticking with a challenging task when it is needed.

Kindness

You find pleasure in helping others. Oftentimes you go out of your way to make other people happy and act nice for its own sake rather than for some other benefit. You may be described as someone who does good deeds for others.

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| Your **Middle** Strengths

17

Leadership

In some group situations you are compelled to take the lead and influence others to take action and reach goals. You may enjoy organizing and planning group activities. At times, people look to you for direction, and you are able to assume responsibility for the group's success and challenges.

Perspective

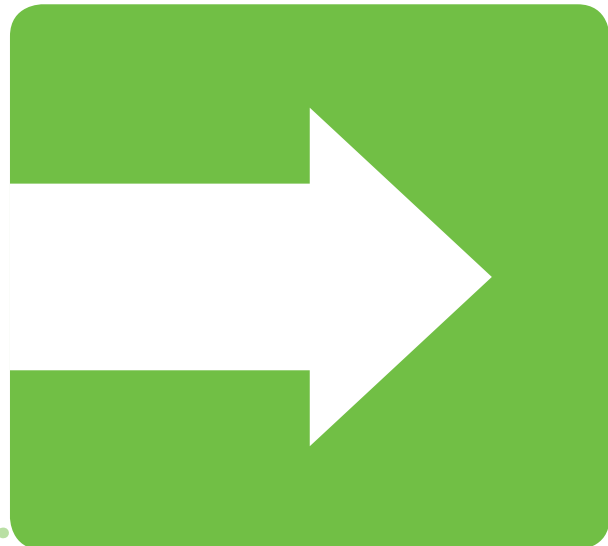
You can often see the big picture in situations. People may come to you for advice or counsel, and you can usually provide an insightful point of view. You are able to address important and difficult questions about life's biggest issues; and sometimes you have a way of looking at the world that helps make sense of things.

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19

Zest

Most of the time you approach life and experiences with excitement and energy. You look forward to each day and try to fully participate in life rather than view it from the sidelines. Your zest may connect closely with your level of activity and your physical health.

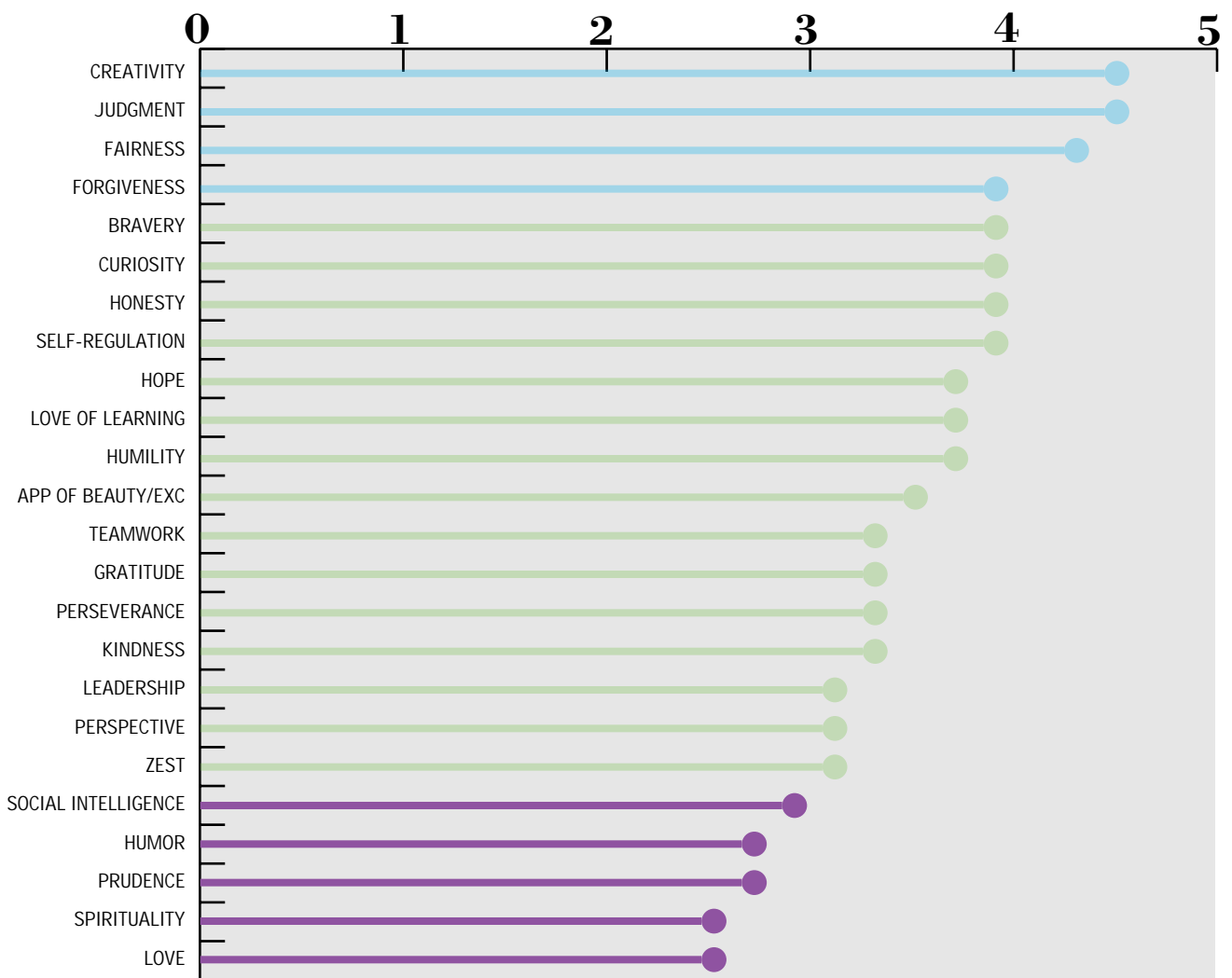


| Your Lesser Strengths

You have a capacity for each of these lesser strengths. These are character strengths that do not occur as naturally as your other strengths. It probably requires a fair amount of effort and energy for you to use these strengths well, and at times this may be draining to you.

Naturally, some individuals may have an interest in boosting up their lesser strengths. It is most likely this can be achieved by deliberate practice and by using your signature strengths to do so.

For example, one person might use their signature strength of curiosity to boost their lesser strength of prudence by questioning others for advice on ways to be more conscientious. Another person may wish to boost their lesser strength of humility by using their signature strength of kindness through focusing care and empathy toward others and listening for the struggles of others rather than sharing one's own experiences.



| Your Lesser Strengths

Your Lesser Strengths

20

Social Intelligence

Social intelligence involves actively tuning in to your surroundings and reading situations. It is knowing what makes people tick and being aware of the motives and feelings of other people as well as your own. An individual who uses social intelligence is able to negotiate transactions with people with insight and achieve good results.

21

Humor

Humor is a strength that involves acting playful and bringing a lighter side to a gloomy or routine situation. Individuals that portray humor might be keen to irony, hypocrisy, and double meanings in ways that amuse themselves and others. The strength of humor can teach others important life lessons such as to not always take life so seriously and that most things in life have contradictions and inconsistencies.

22

Prudence

Individuals expressing prudence think through the consequences of a situation and try not to say or do things that they may regret later. They do not take undue risks and know the difference between what is appropriate and what is inappropriate. The strength of prudence is closely linked with the conscientiousness and is associated with assertiveness, interpersonal warmth, and insight.

23

Spirituality

Spirituality involves having beliefs about the meaning and purpose of life that provide comfort to you. Spiritual individuals usually practice their beliefs in some way, for example, meditation, prayer communing with nature, or attendance at religious services. The strength of spirituality helps individuals have a sense of being grounded and optimistic.

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Love

The strength of love is about being close to other people and caring deeply about them. It also means that there are people who care deeply about your feelings and well-being. Individuals expressing love can put someone else's needs equal to or above their own and take pleasure from that. Love involves your interpersonal relationships and your capacity to tend and befriend to others.



Feedback

Take our survey online to let us know what you think of the VIA ME! Pathways Report.

<https://www.surveymonkey.com/s/PFFYCM7>