This list has been personalized for you based on the results of your VIA reports. Your strengths are color-coded: Signature strengths (top 7) - dark green; Middle strengths - light green; Lesser strengths (bottom 5) - yellow.

**Directions:** Please highlight the overuse definitions of your signature strengths and the underuse definitions of your lesser strengths.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **strength** | | **underuse** | **optimal use** | **overuse** |
| **1** | **{{ strength1 }}** | {{ underuse1 }} | {{ optimal1 }} | {{ overuse1 }} |
| **2** | **{{ strength2 }}** | {{ underuse2 }} | {{ optimal2 }} | {{ overuse2 }} |
| **3** | **{{ strength3 }}** | {{ underuse3 }} | {{ optimal3 }} | {{ overuse3 }} |
| **4** | **{{ strength4 }}** | {{ underuse4 }} | {{ optimal4 }} | {{ overuse4 }} |
| **5** | **{{ strength5 }}** | {{ underuse5 }} | {{ optimal5 }} | {{ overuse5 }} |
| **6** | **{{ strength6 }}** | {{ underuse6 }} | {{ optimal6 }} | {{ overuse6 }} |
| **7** | **{{ strength7 }}** | {{ underuse7 }} | {{ optimal7 }} | {{ overuse7 }} |
| **8** | **{{ strength8 }}** | {{ underuse8 }} | {{ optimal8 }} | {{ overuse8 }} |
| **9** | **{{ strength9 }}** | {{ underuse9 }} | {{ optimal9 }} | {{ overuse9 }} |
| **10** | **{{ strength10 }}** | {{ underuse10 }} | {{ optimal10 }} | {{ overuse10 }} |
| **11** | **{{ strength11 }}** | {{ underuse11 }} | {{ optimal11 }} | {{ overuse11 }} |
| **12** | **{{ strength12 }}** | {{ underuse12 }} | {{ optimal12 }} | {{ overuse12 }} |
| **13** | **{{ strength13 }}** | {{ underuse13 }} | {{ optimal13 }} | {{ overuse13 }} |
| **14** | **{{ strength14 }}** | {{ underuse14 }} | {{ optimal14 }} | {{ overuse14 }} |
| **15** | **{{ strength15 }}** | {{ underuse15 }} | {{ optimal15 }} | {{ overuse15 }} |
| **16** | **{{ strength16 }}** | {{ underuse16 }} | {{ optimal16 }} | {{ overuse16 }} |
| **17** | **{{ strength17 }}** | {{ underuse17 }} | {{ optimal17 }} | {{ overuse17 }} |
| **18** | **{{ strength18 }}** | {{ underuse18 }} | {{ optimal18 }} | {{ overuse18 }} |
| **19** | **{{ strength19 }}** | {{ underuse19 }} | {{ optimal19 }} | {{ overuse19 }} |
| **20** | **{{ strength20 }}** | {{ underuse20 }} | {{ optimal20 }} | {{ overuse20 }} |
| **21** | **{{ strength21 }}** | {{ underuse21 }} | {{ optimal21 }} | {{ overuse21 }} |
| **22** | **{{ strength22 }}** | {{ underuse22 }} | {{ optimal22 }} | {{ overuse22 }} |
| **23** | **{{ strength23 }}** | {{ underuse23 }} | {{ optimal23 }} | {{ overuse23 }} |
| **24** | **{{ strength24 }}** | {{ underuse24 }} | {{ optimal24 }} | {{ overuse24 }} |

Adapted from Niemec, Ryan M. *Character Strengths Interventions*. Boston, MA: Hogrefe Publishing, 2018. p.96-97