

VIA Survey of Character Strengths

Here are your scores on the VIA Survey of Character Strengths. For how to interpret and use your scores, see the book [Authentic Happiness](http://www.amazon.com/Authentic-Happiness-Psychology-Potential-Fulfillment/dp/0743222989/) (<http://www.amazon.com/Authentic-Happiness-Psychology-Potential-Fulfillment/dp/0743222989/>).

The ranking of the strengths reflects your overall ratings of yourself on the 24 strengths in the survey, how much of each strength you possess. Your top five are the ones to pay attention to and find ways to use more often.

Your Top Strength

Curiosity and interest in the world -

You are curious about everything. You are always asking questions, and you find all subjects and topics fascinating. You like exploration and discovery.

Your Second Strength

Humor and playfulness -

You like to laugh and tease. Bringing smiles to other people is important to you. You try to see the light side of all situations.

Strength #3

Hope, optimism, and future-mindedness -

You expect the best in the future, and you work to achieve it. You believe that the future is something that you can control.

Strength #4

Creativity, ingenuity, and originality -

Thinking of new ways to do things is a crucial part of who you are. You are never content with doing something the conventional way if a better way is possible.

Strength #5

Judgment, critical thinking, and open-mindedness -

Thinking things through and examining them from all sides are important aspects of who you are. You do not jump to conclusions, and you rely only on solid evidence to make your decisions. You are able to change your mind.

Strength #6

Perspective wisdom -

Although you may not think of yourself as wise, your friends hold this view of you. They value your perspective on matters and turn to you for advice. You have a way of looking at the world that makes sense to others and to yourself.

Strength #7

Caution, prudence, and discretion -

You are a careful person, and your choices are consistently prudent ones. You do not say or do things that you might later regret.

Strength #8

Zest, enthusiasm, and energy -

Regardless of what you do, you approach it with excitement and energy. You never do anything halfway or halfheartedly. For you, life is an adventure.

Strength #9

Industry, diligence, and perseverance -

You work hard to finish what you start. No matter the project, you "get it out the door" in timely fashion. You do not get distracted when you work, and you take satisfaction in completing tasks.

Strength #10

Forgiveness and mercy -

You forgive those who have done you wrong. You always give people a second chance. Your guiding principle is mercy and not revenge.

Strength #11

Love of learning -

You love learning new things, whether in a class or on your own. You have always loved school, reading, and museums-anywhere and everywhere there is an opportunity to learn.

Strength #12

Honesty, authenticity, and genuineness -

You are an honest person, not only by speaking the truth but by living your life in a genuine and authentic way. You are down to earth and without pretense; you are a "real" person.

Strength #13

Capacity to love and be loved -

You value close relations with others, in particular those in which sharing and caring are reciprocated. The people to whom you feel most close are the same people who feel most close to you.

Strength #14

Social intelligence -

You are aware of the motives and feelings of other people. You know what to do to fit in to different social situations, and you know what to do to put others at ease.

Strength #15

Leadership -

You excel at the tasks of leadership: encouraging a group to get things done and preserving harmony within the group by making everyone feel included. You do a good job organizing activities and seeing that they happen.

Strength #16

Fairness, equity, and justice -

Treating all people fairly is one of your abiding principles. You do not let your personal feelings bias your decisions about other people. You give everyone a chance.

Strength #17

Gratitude -

You are aware of the good things that happen to you, and you never take them for granted. Your friends and family members know that you are a grateful person because you always take the time to express your thanks.

Strength #18

Modesty and humility -

You do not seek the spotlight, preferring to let your accomplishments speak for themselves. You do not regard yourself as special, and others recognize and value your modesty.

Strength #19

Appreciation of beauty and excellence -

You notice and appreciate beauty, excellence, and/or skilled performance in all domains of life, from nature to art to mathematics to science to everyday experience.

Strength #20

Citizenship, teamwork, and loyalty -

You excel as a member of a group. You are a loyal and dedicated teammate, you always do your share, and you work hard for the success of your group.

Strength #21

Kindness and generosity -

You are kind and generous to others, and you are never too busy to do a favor. You enjoy doing good deeds for others, even if you do not know them well.

Strength #22

Spirituality, sense of purpose, and faith -

You have strong and coherent beliefs about the higher purpose and meaning of the universe. You know where you fit in the larger scheme. Your beliefs shape your actions and are a source of comfort to you.

Strength #23

Bravery and valor -

You are a courageous person who does not shrink from threat, challenge, difficulty, or pain. You speak up for what is right even if there is opposition. You act on your convictions.

Strength #24

Self-control and self-regulation -

You self-consciously regulate what you feel and what you do. You are a disciplined person. You are in control of your appetites and your emotions, not vice versa.

Thank you for your kind contribution to this research.
