

## YOUR SIGNATURE STRENGTHS

The strengths listed at or near the top of your profile are likely to be those that are most representative of the “real you.” These strengths are core to who you are and likely come naturally to you.



### 1. Love of Learning

WISDOM

Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally; related to the strength of curiosity but goes beyond it to describe the tendency to add systematically to what one knows.



### 2. Curiosity

WISDOM

Taking an interest in ongoing experience for its own sake; finding subjects and topics fascinating; exploring and discovering.



### 3. Forgiveness

TEMPERANCE

Forgiving those who have done wrong; accepting others' shortcomings; giving people a second chance; not being vengeful.



### 4. Humility

TEMPERANCE

Letting one's accomplishments speak for themselves; not regarding oneself as more special than one is.



### 5. Perspective

WISDOM

Being able to provide wise counsel to others; having ways of looking at the world that make sense to oneself/others.

## YOUR MIDDLE STRENGTHS

Strengths in the middle of your profile are considered somewhat like you. They may not feel as essential, effortless or energizing as your signature strengths, but they are still available when you need them.



### 6. Prudence

TEMPERANCE

Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted.



### 7. Kindness

HUMANITY

Doing favors and good deeds for others; helping them; taking care of them.



## 8. Judgment

WISDOM

Thinking things through and examining them from all sides; not jumping to conclusions; being able to change one's mind in light of evidence; weighing all evidence fairly.



## 9. Appreciation of Beauty & Excellence

TRANSCENDENCE

Noticing and appreciating beauty, excellence, and/or skilled performance in various domains of life, from nature to art to mathematics to science to everyday experience.



## 10. Honesty

COURAGE

Speaking the truth but more broadly presenting oneself in a genuine way and acting in a sincere way; being without pretense; taking responsibility for one's feelings and actions.



## 11. Love

HUMANITY

Valuing close relations with others, in particular those in which sharing & caring are reciprocated; being close to people.



## 12. Spirituality

TRANSCENDENCE

Having coherent beliefs about the higher purpose and meaning of the universe; knowing where one fits within the larger scheme; having beliefs about the meaning of life that shape conduct and provide comfort.



## 13. Fairness

JUSTICE

Treating all people the same according to notions of fairness and justice; not letting feelings bias decisions about others; giving everyone a fair chance.



## 14. Leadership

JUSTICE

Encouraging a group of which one is a member to get things done and at the same time maintain good relations within the group; organizing group activities and seeing that they happen.



## 15. Zest

COURAGE

Approaching life with excitement and energy; not doing things halfway or halfheartedly; living life as an adventure; feeling alive and activated.



## 16. Bravery

COURAGE

Not shrinking from threat, challenge, difficulty, or pain; speaking up for what's right even if there's opposition; acting on convictions even if unpopular; includes physical bravery but is not limited to it.



### 17. Teamwork

JUSTICE

Working well as a member of a group or team; being loyal to the group; doing one's share.



### 18. Creativity

WISDOM

Thinking of novel and productive ways to conceptualize and do things; includes artistic achievement but is not limited to it.



### 19. Social Intelligence

HUMANITY

Being aware of the motives/feelings of others and oneself; knowing what to do to fit into different social situations; knowing what makes other people tick.

## YOUR LESSER STRENGTHS

Strengths near the bottom of your profile are not weaknesses. They are simply the strengths that feel less natural and engaging most of the time.



### 20. Humor

TRANSCENDENCE

Liking to laugh and tease; bringing smiles to other people; seeing the light side; making (not necessarily telling) jokes.



### 21. Perseverance

COURAGE

Finishing what one starts; persevering in a course of action in spite of obstacles; "getting it out the door"; taking pleasure in completing tasks.



### 22. Self-Regulation

TEMPERANCE

Regulating what one feels and does; being disciplined; controlling one's appetites and emotions.



### 23. Gratitude

TRANSCENDENCE

Being aware of and thankful for the good things that happen; taking time to express thanks.



### 24. Hope

TRANSCENDENCE

Expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about.

## WHAT'S NEXT: WAYS TO APPLY YOUR STRENGTHS

Research shows that individuals who apply their character strengths can improve their life and thrive. Ready to take the next step? VIA Reports build on your free Character Strengths Profile and show you how to tap into all of the benefits of a strengths based life.



### Be Happier & More Confident

Studies across cultures show that people who use their character strengths experience a higher level of self-esteem and self efficacy.



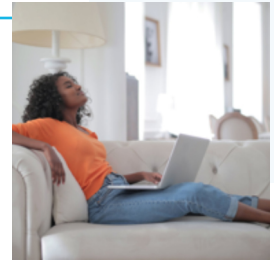
### Strengthen Relationships

Recognition and appreciation of a partner's character strengths is connected with a better relationship and more commitment to one's partner.



### Accomplish Goals

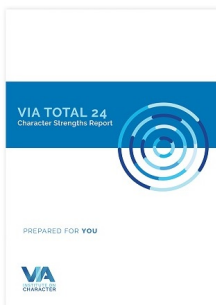
The use of signature strengths has been connected with individuals making greater progress on their goals.



### Manage Problems & Stress

Character strengths are connected with resilience and buffer people from vulnerabilities that can lead to depression and anxiety

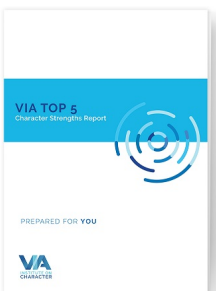
## CONTINUE YOUR STRENGTHS JOURNEY



### VIA Total 24 Character Strengths Report

The VIA Total 24 Character Strengths Report is the ultimate, multifaceted review of your entire Character Strengths Profile. Explore all your character strengths to maximize engagement, happiness and well-being.

[Learn More](#)



### VIA Top 5 Character Strengths Report

The VIA Top 5 Character Strengths Report is a shortened version of the Total 24 Report with an emphasis on the 5 highest strengths in your profile. Learn how these strengths impact your life and how to use them to find greater well-being.

[Learn More](#)