VIA Character Strengths Survey

1a. The statement “I am always curious about the world” is:

 Very much like me 5

 Like me 4

 Neutral 3

 Unlike me 2

 Very much unlike me 1

1b. “I am easily bored” is:

Very much like me 1

 Like me 2

 Neutral 3

 Unlike me 4

 Very much unlike me 5

**Total your score for these two items and write it here: \_\_\_\_\_**

2a. The statement, “I am thrilled when I learn something new” is:

 Very much like me 5

 Like me 4

 Neutral 3

 Unlike me 2

 Very much unlike me 1

2b. “I never go out of my way to visit museums” is:

 Very much like me 1

 Like me 2

 Neutral 3

 Unlike me 4

 Very much unlike me 5

**Total your score for these two items and write it here: \_\_\_\_\_**

3a. The statement “When the topic calls or it, I can be a highly rational thinker is”:

 Very much like me 5

 Like me 4

 Neutral 3

 Unlike me 2

 Very much unlike me 1

3b. “I tend to make snap judgments” is:

 Very much like me 1

 Like me 2

 Neutral 3

 Unlike me 4

 Very much unlike me 5

**Total your score for these two items and write it here: \_\_\_\_\_**

4a. “I like to think of new ways to do things: is:

 Very much like me 5

 Like me 4

 Neutral 3

 Unlike me 2

 Very much unlike me 1

4b. “Most of my friends are more imaginative than I am is:

 Very much like me 1

 Like me 2

 Neutral 3

 Unlike me 4

 Very much unlike me 5

**Total your score for these two items and write it here: \_\_\_\_\_**

5a. “No matter what the social situation, I am able to fit in” is:

 Very much like me 5

 Like me 4

 Neutral 3

 Unlike me 2

 Very much unlike me 1

5b. “I am not very good at sensing what other people are feeling is”:

 Very much like me 1

 Like me 2

 Neutral 3

 Unlike me 4

 Very much unlike me 5

**Total your score for these two items and write it here: \_\_\_\_\_**

6a. “I am always able to look at things and see the big picture” is:

 Very much like me 5

 Like me 4

 Neutral 3

 Unlike me 2

 Very much unlike me 1

6b. “Others rarely come to me for advice” is

 Very much like me 1

 Like me 2

 Neutral 3

 Unlike me 4

 Very much unlike me 5

**Total your score for these two items and write it here: \_\_\_\_\_**

7a. “I have taken frequent stands in the face of strong oppositions” is:

 Very much like me 5

 Like me 4

 Neutral 3

 Unlike me 2

 Very much unlike me 1

7b. “Pain and disappointment often get the better of me” is:

 Very much like me 1

 Like me 2

 Neutral 3

 Unlike me 4

 Very much unlike me 5

**Total your score for these two items and write it here: \_\_\_\_\_**

8a. “I always finish what I start” is

 Very much like me 5

 Like me 4

 Neutral 3

 Unlike me 2

 Very much unlike me 1

8b. “I get sidetracked when I work” is:

 Very much like me 1

 Like me 2

 Neutral 3

 Unlike me 4

 Very much unlike me 5

**Total your score for these two items and write it here: \_\_\_\_\_**

9a. “I always keep my promises” is:

 Very much like me 5

 Like me 4

 Neutral 3

 Unlike me 2

 Very much unlike me 1

9b. “My friends never tell me I’m down to earth” is:

 Very much like me 1

 Like me 2

 Neutral 3

 Unlike me 4

 Very much unlike me 5

**Total your score for these two items and write it here: \_\_\_\_\_**

10a. “I have voluntarily helped a neighbor in the last months” is:

 Very much like me 5

 Like me 4

 Neutral 3

 Unlike me 2

 Very much unlike me 1

10b. “I am rarely as excited about the good fortune of others as I am about my own” is:

 Very much like me 1

 Like me 2

 Neutral 3

 Unlike me 4

 Very much unlike me 5

**Total your score for these two items and write it here: \_\_\_\_\_**

11a. There are people in my life who care as much about my feelings and well-being as they do about their own” is:

 Very much like me 5

 Like me 4

 Neutral 3

 Unlike me 2

 Very much unlike me 1

11b. “I have trouble accepting love from others” is:

 Very much like me 1

 Like me 2

 Neutral 3

 Unlike me 4

 Very much unlike me 5

**Total your score for these two items and write it here: \_\_\_\_\_**

12a. “I work at my best when I’m part of a group” is:

 Very much like me 5

 Like me 4

 Neutral 3

 Unlike me 2

 Very much unlike me 1

12b. “I hesitate to sacrifice self-interest for the benefit of groups I am in” is:

 Very much like me 1

 Like me 2

 Neutral 3

 Unlike me 4

 Very much unlike me 5

**Total your score for these two items and write it here: \_\_\_\_\_**

13a. “I treat all people equally, regardless of who they might be” is:

 Very much like me 5

 Like me 4

 Neutral 3

 Unlike me 2

 Very much unlike me 1

13b. “If I do not like someone, it is difficult for me to treat him or her fairly” is:

 Very much like me 1

 Like me 2

 Neutral 3

 Unlike me 4

 Very much unlike me 5

**Total your score for these two items and write it here: \_\_\_\_\_**

14a. “I can always get people to do things together without nagging them” is:

 Very much like me 5

 Like me 4

 Neutral 3

 Unlike me 2

 Very much unlike me 1

14b. “I am not very good at planning group activities”

 Very much like me 1

 Like me 2

 Neutral 3

 Unlike me 4

 Very much unlike me 5

**Total your score for these two items and write it here: \_\_\_\_\_**

15a. “I control my emotions” is:

 Very much like me 5

 Like me 4

 Neutral 3

 Unlike me 2

 Very much unlike me 1

15b. “I can rarely stay on a diet” is:

 Very much like me 1

 Like me 2

 Neutral 3

 Unlike me 4

 Very much unlike me 5

**Total your score for these two items and write it here: \_\_\_\_\_**

16a. “I avoid activities that are physically dangerous” is:

 Very much like me 5

 Like me 4

 Neutral 3

 Unlike me 2

 Very much unlike me 1

16b. “I sometimes make poor choices in friendships and relationships” is:

 Very much like me 1

 Like me 2

 Neutral 3

 Unlike me 4

 Very much unlike me 5

**Total your score for these two items and write it here: \_\_\_\_\_**

17a. “I change the subject when people pay me compliments” is:

 Very much like me 5

 Like me 4

 Neutral 3

 Unlike me 2

 Very much unlike me 1

17b. “I often brag about my accomplishments” is:

 Very much like me 1

 Like me 2

 Neutral 3

 Unlike me 4

 Very much unlike me 5

**Total your score for these two items and write it here: \_\_\_\_\_**

18a. “In the last month, I have been thrilled by excellence in music, art, drama, film, sport, science, or mathematics” is:

 Very much like me 5

 Like me 4

 Neutral 3

 Unlike me 2

 Very much unlike me 1

18b. “I have not created anything of beauty in the last year” is:

 Very much like me 1

 Like me 2

 Neutral 3

 Unlike me 4

 Very much unlike me 5

**Total your score for these two items and write it here: \_\_\_\_\_**

19a. “I always say ‘thank you’, even for little things”:

 Very much like me 5

 Like me 4

 Neutral 3

 Unlike me 2

 Very much unlike me 1

19b. “I rarely stop and count my blessings” is:

 Very much like me 1

 Like me 2

 Neutral 3

 Unlike me 4

 Very much unlike me 5

**Total your score for these two items and write it here: \_\_\_\_\_**

20a. “I always look on the bright side” is:

 Very much like me 5

 Like me 4

 Neutral 3

 Unlike me 2

 Very much unlike me 1

20b. “I rarely have a well-thought-out plan for what I want to do” is:

 Very much like me 1

 Like me 2

 Neutral 3

 Unlike me 4

 Very much unlike me 5

**Total your score for these two items and write it here: \_\_\_\_\_**

21a. “My life has strong purpose” is:

 Very much like me 5

 Like me 4

 Neutral 3

 Unlike me 2

 Very much unlike me 1

21b. “I do not have a calling in life” is

 Very much like me 1

 Like me 2

 Neutral 3

 Unlike me 4

 Very much unlike me 5

**Total your score for these two items and write it here: \_\_\_\_\_**

22a. “I always let bygones be bygones” is:

 Very much like me 5

 Like me 4

 Neutral 3

 Unlike me 2

 Very much unlike me 1

22b. “I always try to get even” is:

 Very much like me 1

 Like me 2

 Neutral 3

 Unlike me 4

 Very much unlike me 5

**Total your score for these two items and write it here: \_\_\_\_\_**

23a. “I always mix work and play as much as possible” is:

 Very much like me 5

 Like me 4

 Neutral 3

 Unlike me 2

 Very much unlike me 1

23b. “I rarely say funny things” is:

 Very much like me 1

 Like me 2

 Neutral 3

 Unlike me 4

 Very much unlike me 5

**Total your score for these two items and write it here: \_\_\_\_\_**

24a. “I throw myself into everything I do” is:

 Very much like me 5

 Like me 4

 Neutral 3

 Unlike me 2

 Very much unlike me 1

24b. “I mope a lot” is:

 Very much like me 1

 Like me 2

 Neutral 3

 Unlike me 4

 Very much unlike me 5

**Total your score for these two items and write it here: \_\_\_\_\_**

Typically you will have five or fewer scores of 9 or 10, and these are your highest strengths—at least as you self-reported on them. Circle them. You will also have several low scores in the 4-to-6 range (or lower), and these are your weaknesses