

VIA TOTAL 24

Character Strengths Report



SAMPLE REPORT

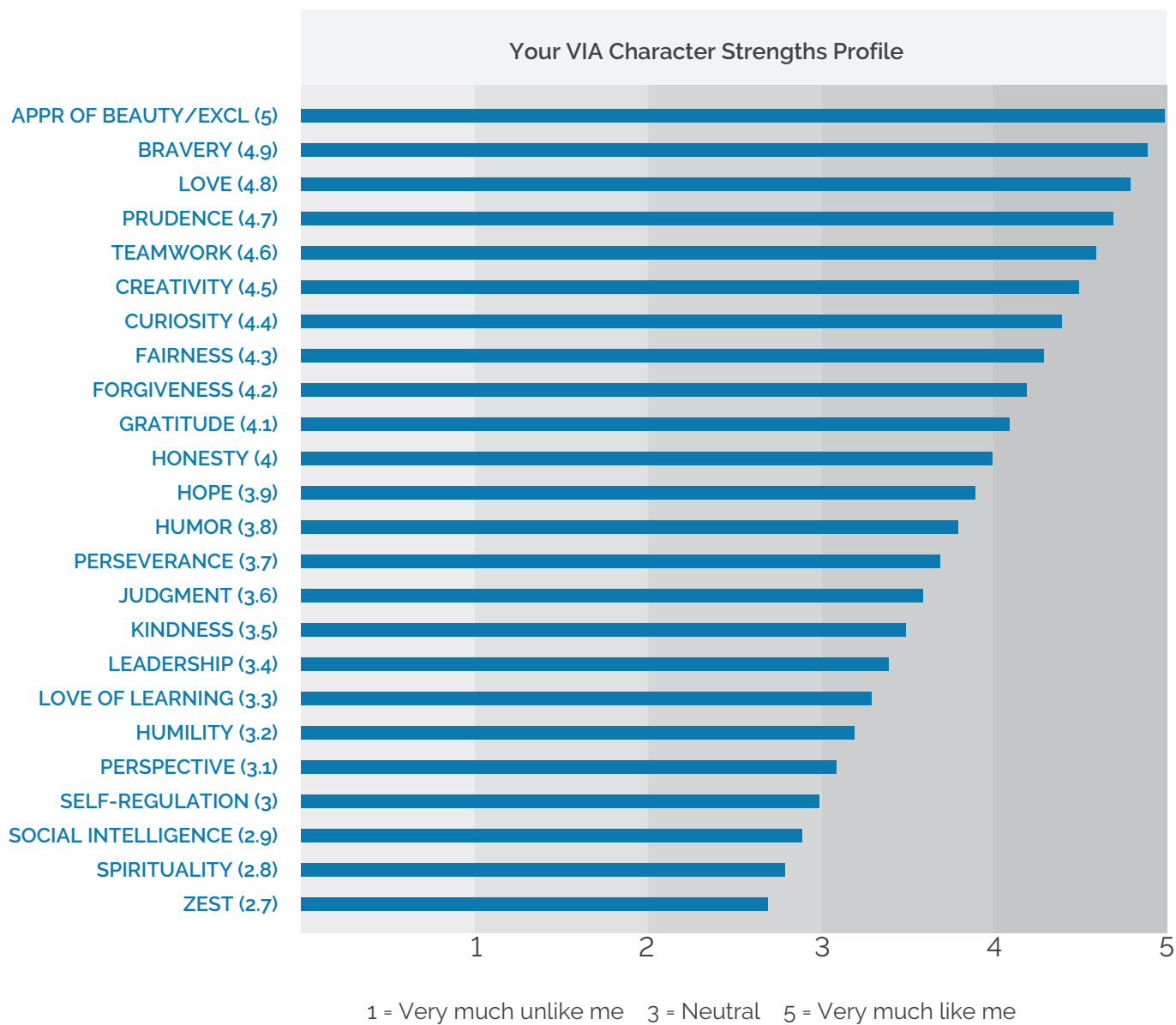
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Your Results: VIA Character Strengths Profile

Your VIA Character Strengths Profile is your personalized list of the 24 character strengths ranked in order based on the degree to which you rated they are "like" or "not like" you.



1. APPRECIATION OF BEAUTY & EXCELLENCE



What is Appreciation of Beauty and Excellence?

Appreciation of beauty and excellence refers to the noticing and appreciating of beauty in the world, the highly skilled performance of others, and the kind and virtuous actions of others.

What does this mean about you?

You routinely appreciate the beauty that is all around you, especially in the little things, such as a flower or a flowing stream. This means you likely experience emotions such as awe and wonder in your life, rather than taking things for granted. This might happen during a walk in the woods, a stroll at sunset, a tour in an art gallery, or simply when you look out your window.

Your appreciation of excellence involves the feeling of admiration for the skill, talent, greatness, and grace of others, which may include athletes, musical performers, street artists, writers, architects, or scientists, to name a few examples. You value the high quality by which something is created or performed. You are enthralled not just by the entertainment and/or engagement but also the social impact.

Another part of this strength is the emotion of elevation. This strength helps you connect with something outside of yourself. When you observe others act with kindness, bravery, fairness, and other morally valued strengths, you are likely to feel elevated, an emotion that makes you want to mimic the behavior and be a better person.

How others describe you

Artsy

People may view you as being drawn to interesting combinations of colors, shapes, and textures in what you create or in your appearance.

Visual

People notice that you are observant about what's around you.



Emotional

People are likely to notice you reacting emotionally to things you see, stories you hear, and other experiences.

Nature lover

You appreciate the small beauties and wonders of nature - from the changing seasons to a small flower growing on the sidewalk.

Focus On: Signature Strengths

STRENGTHS-SPOTTING IN YOURSELF

Your top 5 positive qualities are likely to come naturally to you; therefore, you don't always recognize them as strengths or realize how often you use them. Signature strengths-spotting involves actively looking for the expression of these strengths in your life, work and relationships.

Consider a recent situation in which you used one or more of your signature strengths to make the situation better. Think about how your strengths benefited you and/or others. Maybe you felt a greater connection to someone, noticed a positive boost in your mood or helped motivate someone around you. Remember that your signature strengths are the core of who you are, and you have the capacity to express them over and over again to your advantage.

How to Use: Signature Strengths

The best way to make the most of your signature strengths is to start using them in new and different ways. Use them with your problems. Use them to be more productive at work. Use them within your daily routines. Over and over again, research has found that if you use your signature strengths in new ways each day you can experience a long-term boost to your happiness. Studies show it decreases depression too!

It's easy. Follow these steps to take your signature strengths to the next level. You'll be tapping into and expressing the core part of who you are – your authentic self.

STEP 01

Select a Signature Strength

Choose one of your signature strengths. You might choose one that you'd like to better understand and build upon or one with which you want to deepen your experience.

STEP 02

Practice Using the Strength in A New Way

Your signature strengths are those strengths that come most naturally to you. The challenge is to think of new ways to express these strengths and practice using them in new ways each day for one week. See the ideas in the following chart to get you started.

Signature Strength Activity Chart	
SIGNATURE STRENGTH	ACTIVITY
Appr of Beauty/Excl	Keep a weekly log of moments in your relationships when you feel inspired by the good acts of others.
Bravery	Do something you have been avoiding, such as cleaning out a closet, making a doctor's appointment or having a tough conversation with your spouse or child.
Love	Carve out time each week to experience uninterrupted quality time in a close relationship. This might be with a partner, close friend or pet.
Prudence	Before you make a decision that is typically very easy, take one full minute to think about it before you take action.
Teamwork	Consider how you and your closest friend or partner are a "team" who can work together and use one another's strengths to solve problems. Approach your next challenge with this perspective.

SECTION 2

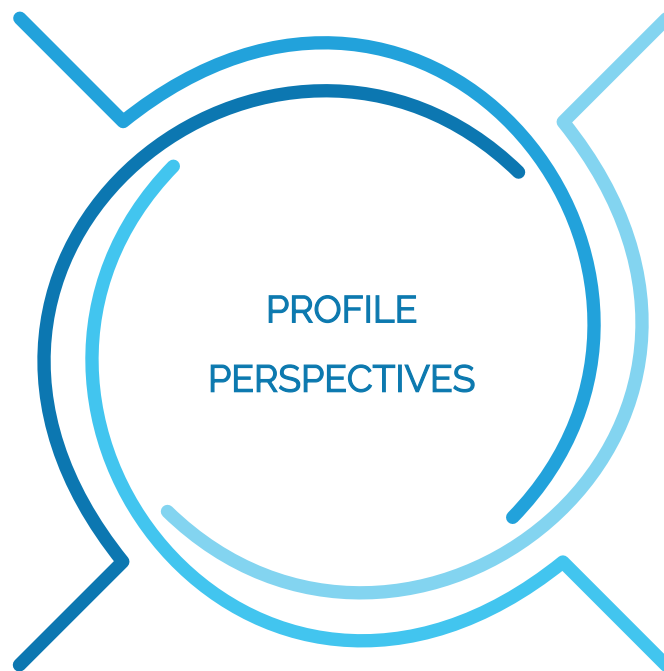
Your VIA Character Strengths Profile Perspectives

1 OPTIMAL USE

Balance the use of your strengths by exploring how your strengths can be underused, overused and optimally used.

2 VIRTUES

Discover how the strengths cluster into 6 virtue categories and learn your highest virtue.



3 CHARACTER STRENGTHS EXPRESSION MAP

Gain perspective on your signature strengths across two key dimensions of your personality.

4 HAPPINESS STRENGTHS

Uncover your results related to the 5 strengths most closely related to happiness

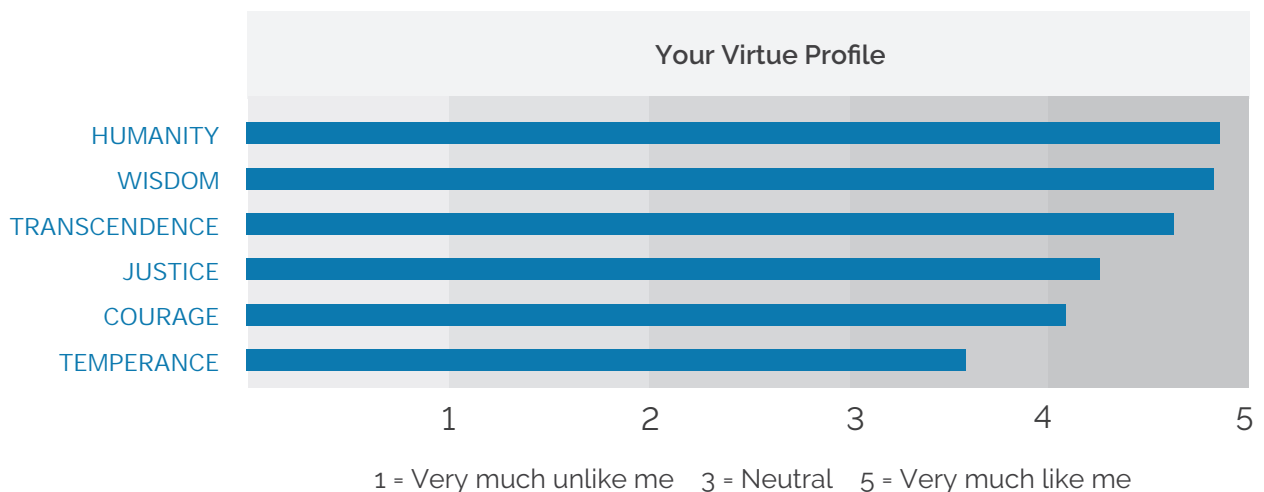
Overview: Virtues

Now that you've studied each of your character strengths and how they relate to each other in rank order, it's time to learn about how your character strengths culminate into virtues. Virtues are aspects of goodness and fulfillment and are the higher-order, broader categories that each of the 24 character strengths fall under.

Your Results: Virtues

Your strongest virtue is humanity. Your top virtue category is determined using a research-based test that is incorporated in the VIA Survey. Based on your answers to specific questions within the test, you rated the highest in the virtue category of Humanity.

Humanity contributes to building strong relationships with others, particularly in one-on-one relationships. Humans are born with a pull toward others. Being high in the virtue of humanity, you likely feel strong connections, and know the right thing to say or do to help others feel cared for and loved. You likely go out of your way to be around and to support others.



Humanity - interpersonal strengths that involve tending and befriending others. These are love, kindness, and social intelligence.

Wisdom - cognitive strengths that entail the acquisition and use of knowledge. These are creativity, curiosity, judgment, love of learning, and perspective.

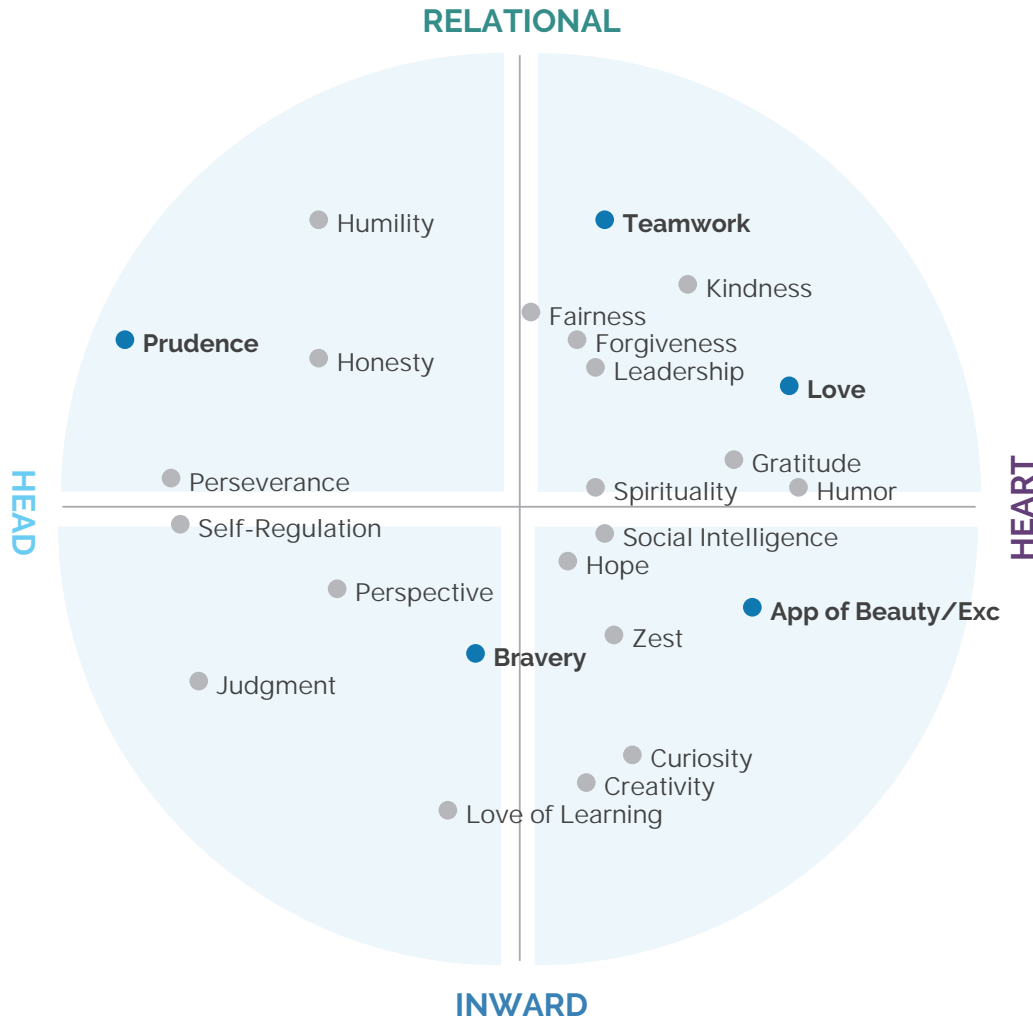
Transcendence - strengths that forge connections to the larger universe and provide meaning. These are appreciation of beauty & excellence, gratitude, hope, humor, and spirituality.

Justice - civic strengths that underlie healthy community life. These are teamwork, fairness, and leadership.

Courage - emotional strengths that involve the exercise of will to accomplish goals in the face of opposition that is external or internal. These are bravery, perseverance, honesty, and zest.

Temperance - strengths that protect against excess. These are forgiveness, humility, prudence, and self-regulation.

Your Results: Character Strengths Expression Map



Focus On: Character Strengths Expression Map

Keep in mind, any character strength can be expressed through your heart, head, inwardly, or relationally. The graph merely shows what could be viewed as a tendency for how each strength is expressed. It is not a foregone conclusion. Also, note that there is no "ideal" profile for how many of your signature strengths should be in any section of this chart. Rather, this graph is meant to challenge you to think about your life and whether you feel you have balance in how your strengths are expressed.

THIS IS A SAMPLE PREVIEW

There is more to discover in the **Total 24 Character Strengths Report.**

