### VIA Character Strengths (Youth)

**Directions:** For each of the 24 character strengths below, check the box that you think best describes you: Is the strength very much like you, like you, or not much like you?

<table>
<thead>
<tr>
<th>Character Strength</th>
<th>Description</th>
<th>How Much Like Me?</th>
</tr>
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</table>
| 1.) Appreciation of Beauty and Excellence | You notice and enjoy beauty in many places (nature, art, music, etc.).  
You notice and enjoy watching people who are talented or very skilled at what they do.                                               | _Very much like me  
Like Me  
Not much like me |
| 2.) Bravery                         | You do not avoid challenges or difficult situations.  
You speak up for what you think is right, even if others disagree with you.                                                                            | _Very much like me  
Like Me  
Not much like me |
| 3.) Creativity                      | You think of new and original ways of doing things.  
You are able to think of many unique ways to solve problems.                                                                                       | _Very much like me  
Like Me  
Not much like me |
| 4.) Curiosity                       | You are interested in many things.  
You like to explore and discover new things.                                                                                                       | _Very much like me  
Like Me  
Not much like me |
| 5.) Fairness                        | You give everyone a fair chance.  
You treat others in a fair and just way.                                                                                                             | _Very much like me  
Like Me  
Not much like me |
| 6.) Forgiveness                    | You forgive those who have done or said hurtful things.  
You give people a second chance.  
You don’t hold grudges.                                                                                                                                | _Very much like me  
Like Me  
Not much like me |
| 7.) Gratitude                       | You notice the good things that happen.  
You appreciate the good things that happen.  
You take the time to express thanks to those who do nice things for you.                                                                              | _Very much like me  
Like Me  
Not much like me |
| 8.) Honesty                         | You are true to yourself.  
You allow others to see the “real you.”  
You speak the truth.  
You take responsibility for what you do & say.                                                                                                   | _Very much like me  
Like Me  
Not much like me |
| 9.) Humility                        | You don’t draw extra attention to yourself.  
You let your accomplishments speak for themselves (rather than pointing them out).                                                                        | _Very much like me  
Like Me  
Not much like me |
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| 10.) Humor              | You like to laugh and make others laugh. You see the light side of things.   | _Very much like me
|                         |                                                                            | _Like Me
|                         |                                                                            | _Not much like me                       |
| 11.) Kindness           | You enjoy doing helping others. You enjoy taking care of other people.       | _Very much like me
|                         |                                                                            | _Like Me
|                         |                                                                            | _Not much like me                       |
| 12.) Leadership         | You like to encourage and work with others to help them get things done. You like to organize group activities and help to make them happen. | _Very much like me
|                         |                                                                            | _Like Me
|                         |                                                                            | _Not much like me                       |
| 13.) Love               | You like being close to other people. You like to give love to others. You like receiving love from others. | _Very much like me
|                         |                                                                            | _Like Me
|                         |                                                                            | _Not much like me                       |
| 14.) Love of Learning   | You enjoy learning new information. You enjoy learning how to do things.     | _Very much like me
|                         |                                                                            | _Like Me
|                         |                                                                            | _Not much like me                       |
| 15.) Judgment (critical thinking) | You like to think things through before making a decision. You look at all “sides” of a situation. You are able to change your mind (if there a good reason to do so). | _Very much like me
|                         |                                                                            | _Like Me
|                         |                                                                            | _Not much like me                       |
| 16.) Hope               | You expect good things to happen in the future. You work to make good things happen. | _Very much like me
|                         |                                                                            | _Like Me
|                         |                                                                            | _Not much like me                       |
| 17.) Perseverance       | You finish what you start. You find ways to overcome obstacles. You enjoy completing tasks. | _Very much like me
|                         |                                                                            | _Like Me
|                         |                                                                            | _Not much like me                       |
| 18.) Perspective        | You are able to give people good advice. You are able to see the “big picture.” | _Very much like me
|                         |                                                                            | _Like Me
|                         |                                                                            | _Not much like me                       |
| 19.) Prudence           | You are careful in making decisions. You avoid taking unnecessary risks. You avoid doing or saying things you might later regret. | _Very much like me
|                         |                                                                            | _Like Me
|                         |                                                                            | _Not much like me                       |
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<td>20.) Self-Regulation</td>
<td>You avoid “overdoing” things. You avoid losing your temper.</td>
<td><em>Very much like me</em> <em>Like Me</em> <em>Not much like me</em></td>
</tr>
<tr>
<td>21.) Social Intelligence</td>
<td>You know what to do to get along with different groups of people. You know what makes other people “tick”; you know why they do what they do. You are aware of other peoples’ thoughts and feelings.</td>
<td><em>Very much like me</em> <em>Like Me</em> <em>Not much like me</em></td>
</tr>
<tr>
<td>22.) Sense of Purpose</td>
<td>You feel that you are here for a reason. You feel a sense of connection with something larger than yourself.</td>
<td><em>Very much like me</em> <em>Like Me</em> <em>Not much like me</em></td>
</tr>
<tr>
<td>23.) Teamwork</td>
<td>You work well as a member of a group or team. You always do your share of the work in a team or group. You are loyal to the groups or teams to which you belong.</td>
<td><em>Very much like me</em> <em>Like Me</em> <em>Not much like me</em></td>
</tr>
<tr>
<td>24.) Zest</td>
<td>You do what you do with energy and excitement. You view life as an adventure.</td>
<td><em>Very much like me</em> <em>Like Me</em> <em>Not much like me</em></td>
</tr>
</tbody>
</table>

**REVIEW:**

1. Make sure you have checked off one phrase to the right of each of the 24 character strengths.
2. Circle those character strengths that you checked as “Very much like me.”
3. Put a *star* next to those that you consider to be core to who you are. These should also be strengths that you find to be energizing and very easy to use in many situations. You can probably consider these to be your signature strengths.
4. Review those character strengths that you checked as “Like me.” Some of these strengths could be signature strengths, phasic strengths (strengths you bring forth strongly in certain situations), or supportive strengths.
5. Think about how you have used your highest strengths in your life when things have gone well. Reflect on how you have used them – or could have used them more – when things have not gone well. Journal about them. Consider how you can use them more in your life, especially when you are with friends, family, and classmates. Talk about these strengths and practice spotting them in others each day.