

# Your Signature Strengths

	Place a check mark in the boxes to the right indicating how much each of the 24 items/statements below is like you	Not at all like me	A tiny bit like me	A little bit like me	Quite a lot like me	Exactly like me
01	<b>CURIOSITY/INTEREST IN THE WORLD</b> "I am always curious about the world"					
02	<b>LOVE OF LEARNING</b> "I am thrilled when I learn something new"					
03	<b>JUDGMENT/CRITICAL THINKING/OPEN-MINDEDNESS</b> "When the topic calls for it, I can be a highly rational thinker"					
04	<b>INGENUITY/ORIGINALITY/PRACTICALITY</b> "I like to think of new ways to do things"					
05	<b>SOCIAL, PERSONAL AND EMOTIONAL INTELLIGENCE</b> "No matter what the social situation, I am able to fit in"					
06	<b>PERSPECTIVE</b> "I am always able to look at things and see the big picture"					
07	<b>VALOUR AND BRAVERY</b> "I have taken frequent stands in the face of strong opposition"					
08	<b>PERSEVERENCE/INDUSTRY/DILIGENCE</b> "I always finish what I start"					
09	<b>INTEGRITY/GENUINENESS/HONESTY</b> "I always keep my promises"					
10	<b>KINDNESS AND GENEROSITY</b> "I have voluntarily helped a friend/neighbour in the last month"					
11	<b>LOVING AND ALLOWING ONESELF TO BE LOVED</b> "There are people in my life who care as much about my feelings and well-being as they do about their own"					
12	<b>CITIZEN/DUTY/TEAMWORK/LOYALTY</b> "I work at my best when I am in a group"					
13	<b>FAIRNESS AND EQUITY</b> "I treat all people equally regardless of who they might be"					

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14	<b>LEADERSHIP</b> "I can always get people to do things together without nagging them"					
15	<b>SELF-CONTROL</b> "I control my emotions"					
16	<b>PRUDENCE/DISCRETION/CAUTION</b> "I avoid activities that are physically dangerous"					
17	<b>HUMILITY AND MODESTY</b> "I change the subject when people pay me a compliment"					
18	<b>APPRECIATION OF BEAUTY AND EXCELLENCE</b> "In the last month, I have been thrilled by excellence in music, art, drama, film, sport, science or mathematics"					
19	<b>GRATITUDE</b> "I always say thank you, even for little things"					
20	<b>HOPE/OPTIMISM/FUTURE-MINDFULNESS</b> "I always look on the bright side"					
21	<b>SPIRITUALITY/SENSE OF PURPOSE/FAITH</b> "My life has a strong purpose"					
22	<b>FORGIVENESS AND MERCY</b> "I always let bygones be bygones"					
23	<b>PLAYFULNESS AND HUMOUR</b> "I always mix work and play as much as possible"					
24	<b>ZEST/PASSION/ENTHUSIASM</b> "I throw myself into everything I do"					

This short form is an adapted version of Martin Seligman's VIA character strengths survey from [www.authentichappiness.org](http://www.authentichappiness.org)