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VIA Signature Strengths

Here are your scores on the VIA Signature Strengths Survey. For how to interpret and use your scores, see the book [Authentic Happiness](#). The ranking of the strengths reflects your overall ratings of yourself on the 24 strengths in the survey, how much of each strength you possess. Your top five, especially those marked as Signature Strengths, are the ones to pay attention to and find ways to use more often.

Your Top Strength

Creativity, ingenuity, and originality

Thinking of new ways to do things is a crucial part of who you are. You are never content with doing something the conventional way if a better way is possible.

Your Second Strength

Kindness and generosity

You are kind and generous to others, and you are never too busy to do a favor. You enjoy doing good deeds for others, even if you do not know them well.

Your Third Strength

Capacity to love and be loved

You value close relations with others, in particular those in which sharing and caring are reciprocated. The people to whom you feel most close are the same people who feel most close to you.

Your Fourth Strength

Fairness, equity, and justice

Treating all people fairly is one of your abiding principles. You do not let your personal feelings bias your decisions about other people. You give everyone a chance.

Your Fifth Strength

Gratitude

You are aware of the good things that happen to you, and you never take them for granted. Your friends and family members know that you are a grateful person because you always take the time to express your thanks.

Strength#6

Humor and playfulness

You like to laugh and tease. Bringing smiles to other people is important to you. You try to see the light side of all situations.

Strength#7

Curiosity and interest in the world

You are curious about everything. You are always asking questions, and you find all subjects and topics fascinating. You like exploration and discovery.

Strength#8

Love of learning

You love learning new things, whether in a class or on your own. You have always loved school, reading, and museums-anywhere and everywhere there is an opportunity to learn.

Strength#9

Spirituality, sense of purpose, and faith

You have strong and coherent beliefs about the higher purpose and meaning of the universe. You know where you fit in the larger scheme. Your beliefs shape your actions and are a source of comfort to you.

Strength#10

Zest, enthusiasm, and energy

Regardless of what you do, you approach it with excitement and energy. You never do

Strength#11**Bravery and valor**

You are a courageous person who does not shrink from threat, challenge, difficulty, or pain. You speak up for what is right even if there is opposition. You act on your convictions.

Strength#12**Citizenship, teamwork, and loyalty**

You excel as a member of a group. You are a loyal and dedicated teammate, you always do your share, and you work hard for the success of your group.

Strength#13**Leadership**

You excel at the tasks of leadership: encouraging a group to get things done and preserving harmony within the group by making everyone feel included. You do a good job organizing activities and seeing that they happen.

Strength#14**Social intelligence**

You are aware of the motives and feelings of other people. You know what to do to fit in to different social situations, and you know what to do to put others at ease.

Strength#15**Perspective (wisdom)**

Although you may not think of yourself as wise, your friends hold this view of you. They value your perspective on matters and turn to you for advice. You have a way of looking at the world that makes sense to others and to yourself.

Strength#16**Judgment, critical thinking, and open-mindedness**

Thinking things through and examining them from all sides are important aspects of who you are. You do not jump to conclusions, and you rely only on solid evidence to make your decisions. You are able to change your mind.

Strength#17**Appreciation of beauty and excellence**

You notice and appreciate beauty, excellence, and/or skilled performance in all domains of life, from nature to art to mathematics to science to everyday experience.

Strength#18**Honesty, authenticity, and genuineness**

You are an honest person, not only by speaking the truth but by living your life in a genuine and authentic way. You are down to earth and without pretense; you are a "real" person.

Strength#19**Hope, optimism, and future-mindedness**

You expect the best in the future, and you work to achieve it. You believe that the future is something that you can control.

Strength#20**Forgiveness and mercy**

You forgive those who have done you wrong. You always give people a second chance. Your guiding principle is mercy and not revenge.

Strength#21**Industry, diligence, and perseverance**

You work hard to finish what you start. No matter the project, you "get it out the door" in timely fashion. You do not get distracted when you work, and you take satisfaction in completing tasks.

Strength#22**Caution, prudence, and discretion**

You are a careful person, and your choices are consistently prudent ones. You do not say or do things that you might later regret.

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