## VIA STRENGTHS CHART: WHAT ARE YOUR SIGNATURE STRENGTHS?


$\square$ Beauty \& Excellence

$\square$ Bravery
Courage
You do not shrink from threat, challenge, difficulty, or pain.

$\square$ Humility
Temperence
You do not seek the spotlight and others value your modesty

$\square$ Humour
Transcendence
Bringing smiles to other people
is important to you.

$\square$ Curiosity
Wisdom
$\square$ Fairness
Justice
You like exploration and discovery.
You treat all people fairly
$\square$ Judgement
Wisdom
You think things through and examine them from all sides.

$\square$ Kindness
Humanity
You are kind and generous
to others.
$\square$ Prudence

$\square$ Perspective

$\square$ Perserverance
Courage
You work hard to finish what you start.

Temperance
You are a careful person.
Wisdom you wise.

$\square$ Self-Regulation Temperance
You are a disciplined person.

$\square$ Social Intelligence
Humanity
You know how to fit in to
different situations.

$\square$ Leadership
Justice
You excel at encouraging a group to get things done.

$\square$ Spirituality
Transcendence
Your beliefs shape your actions and are a source of comfort to you.

$\square$ Gratitude Transcendence You are aware of good things that happen and don't take them for granted.

$\square$ Honesty
Courage
You live your life in a genuine and authentic way

$\square$ Love of Learning Wisdom
You have a passion for
mastering new skills, topics and bodies of knowledge.

$\square$ Teamwork
Justice
You excel as a member of a group.
$\square$ Zest
Courage
You approach everything you do with excitement and energy.

