

VALUES IN ACTION (VIA) ASSESSMENT

The VIA Character Strengths Assessment was developed by the father of Positive Psychology, Martin Seligman, out of the University of Pennsylvania. Seligman, along with Chris Peterson and with the help of 55 social scientists, identified 24 strengths each and every one of us has, albeit to varying degrees. To home in on these 24, they studied virtues common to all cultures and across history and found 6: wisdom, courage, humanity, justice, temperance, transcendence. They then discerned the strengths that fit under each of these virtues. You can read more about their process in Seligman's book, [*Authentic Happiness*](#).

The VIA Survey is the only free, scientifically validated assessment of Character Strengths in the world. It has been taken by over 8 million people around the globe!

Now it's time for you to become one of these many test takers. Register by clicking on this link: <https://www.authentic happiness.sas.upenn.edu/user/register>. You need to provide your email but rest assured, the VIA Institute pledges to never share email information. Once you're in the site, you'll see a variety of questionnaires. Feel free to peruse them and try them at your leisure. For today, the assignment is to take the VIA Survey of Character Strengths (under the Engagement Questionnaires). This is a 240-item questionnaire that will take you about 15 minutes to complete.

Once you are done, you'll receive a rank-order listing of your 24 Character Strengths, which is all you'll need for our purposes. (You have the option to purchase a more in-depth profile report.) The top 5 on your list are called your Signature Strengths. Make note of these are they are the ones we will focus on moving forward.

Note: The bottom strengths are not considered weaknesses; they are simply underutilized, under-developed, or not-as-valued strengths.