



Please Help Us Advance the Science of Character Strengths by Participating in a Research Study

Interested in helping make a difference in the body of research on character strengths, resilience, and coping during the COVID-19 pandemic? Please participate in an international study on this topic.

[LEARN MORE](#)

Congratulations! Your VIA Character Strengths Profile is ready.

Your Character Strengths Profile shows your rank order listing of character strengths, as well as the broader virtue categories for each strength. While each of us possesses all 24 character strengths, the position of each strength is unique to you. Knowing and applying your highest character strengths is the key to being your best self. After you get to know your strengths order, a VIA report can be a helpful tool to deepen your understanding and put your strengths into action.

YOUR SIGNATURE STRENGTHS

The strengths listed at or near the top of your profile are likely to be those that are most representative of the "real you." These strengths are core to who you are and likely come naturally to you.



1

Kindness

HUMANITY

Doing favors and good deeds for others; helping them; taking care of them.



2

Love

HUMANITY

+



4

Honesty

COURAGE

+



3

Bravery

COURAGE

+



5

Judgment

WISDOM

+

[SHOW ALL YOUR STRENGTHS](#) ^

YOUR MIDDLE STRENGTHS

Strengths in the middle of your profile are considered somewhat like you. They may not feel as essential, effortless or energizing as your signature strengths, but they are still available when you need them.



6

Humor

TRANSCENDENCE

+



13

Prudence

TEMPERANCE

+



7

Creativity

WISDOM

+



14

Perspective

WISDOM

+



8

Social intelligence

+



15

Leadership

+

8 Social Intelligence
HUMANITY

9 Love of Learning
WISDOM

10 Fairness
JUSTICE

11 Hope
TRANSCENDENCE

12 Curiosity
WISDOM

13 Leadership
JUSTICE

+ 16 Teamwork
JUSTICE

+ 17 Spirituality
TRANSCENDENCE

+ 18 Appreciation of Beauty & Excellence
TRANSCENDENCE

+

YOUR LESSER STRENGTHS

Strengths near the bottom of your profile are not weaknesses. They are simply the strengths that feel less natural and engaging most of the time.

19 Self-Regulation
TEMPERANCE

+

22 Perseverance
COURAGE

+

20 Zest
COURAGE

+

23 Forgiveness
TEMPERANCE

+

21 Gratitude
TRANSCENDENCE

+

24 Humility
TEMPERANCE

+

Develop Your Strengths

By completing the VIA Survey, you took the first step in your character strengths journey—discovering your strengths. Are you ready to dive deeper and reach your greatest potential? VIA reports are your guide to applying and maximizing your strengths in all areas of your life. Here are a few we recommend.



VIA Character Strengths Profile

Download your results from the VIA Survey

FREE

[DOWNLOAD](#)

Includes:

- ✓ Ordered ranking of your 24 character strengths
- ✓ Definition of each strength



VIA Me Report

Get to know your unique combination of 24 character strengths and how to apply them

\$20.00 USD

[BUY NOW](#)

Includes:

- ✓ Analysis of your Signature Strengths, plus a brief overview of your Middle and Lesser Strengths



VIA Pro Report

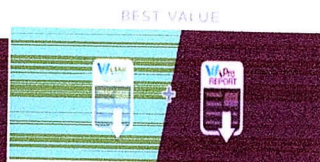
Focus on your Signature Strengths—what is core to you—to build your best life

\$40.00 USD

[BUY NOW](#)

Includes:

- ✓ In-depth look at your top strengths—your Signature Strengths
- ✓ What your Signature Strengths say about you



VIA Me & Pro Report Package

Learn about all 24 of your character strengths, and dive deep into your Signature Strengths, with our most complete strengths analysis

\$50.00 USD

[BUY NOW](#)

Includes:

- ✓ The most comprehensive view of your strengths profile

- ✓ Tips on new ways to put your strengths into action

[LEARN MORE](#) ✓

- ✓ Ways to manage strengths overuse and underuse
- ✓ How to use your Signature Strengths to achieve more at work, in relationships or working through life changes

[LEARN MORE](#) ✓

- ✓ Everything in the VIA Me Report
- ✓ Everything in the VIA Pro Report

[LEARN MORE](#) ✓

"I love the personalized VIA Reports! They helped me explore my strengths on a deeper level. I felt energized as I read through the pages and thought about how I use these qualities throughout my life."

-STEPHANIE

Why Character Strengths

Research shows that individuals who apply character strengths can improve their life and thrive. Ready to get started? [VIA Reports](#) build on your free Character Strengths Profile and show you how to tap into all of the benefits of a strengths-based life.



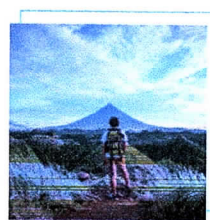
Be Happier & More Confident

Studies across cultures show that people who use their character strengths experience a higher level of self-esteem and self-efficacy.



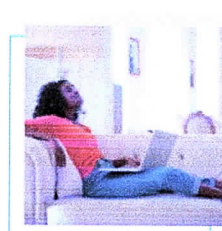
Strengthen Relationships

Recognition and appreciation of a partner's character strengths is connected with a better relationship and more commitment to one's partner.



Accomplish Goals

The use of signature strengths has been connected with individuals making greater progress on their goals.



Manage Problems & Stress

Character strengths are connected with resilience and buffer people from vulnerabilities that can lead to depression and anxiety.

Get emails with tips and tools for your strengths-building journey.

Email address

[SIGN UP](#)