

Discover Your Character Strengths

A free, science-backed assessment to help you lead from your best self

What Is the VIA Survey?

The VIA Character Strengths Survey is one of the most widely used tools in positive psychology, trusted by researchers, coaches, and leaders in over 190 countries. It identifies your unique profile across 24 universal character strengths, revealing what is naturally best about you and how to put those strengths to work in your leadership, relationships, and daily life. The survey takes about 10–15 minutes, and results are available immediately, completely free.

WHY STRENGTHS MATTER IN LEADERSHIP

Clarity. Know where you naturally excel and how to bring those qualities forward as a leader.

Connection. Understand your team's strengths and build a culture where everyone contributes their best.

Resilience. Leaders who lean into their strengths navigate challenges with greater confidence and less burnout.

Authenticity. Leading from your strengths means leading as your truest self — not performing a role.

The 24 Character Strengths

Every person possesses all 24 strengths to varying degrees. The VIA Survey reveals your unique rank order — your signature strengths at the top are most core to who you are.

WISDOM Creativity · Curiosity · Judgment Love of Learning · Perspective	COURAGE Bravery · Perseverance Honesty · Zest	HUMANITY Love · Kindness Social Intelligence
JUSTICE Teamwork · Fairness Leadership	TEMPERANCE Forgiveness · Humility Prudence · Self-Regulation	TRANSCENDENCE Appreciation of Beauty · Gratitude Hope · Humor · Spirituality

TAKE THE FREE SURVEY

[Viacharacter.org](https://viacharacter.org)

Questions? Reach out at stillhouseconsulting.org