



CHARACTER STRENGTHS



We tend to notice the things that we are not good at yet, our weaknesses. While being aware of an area that you struggle is important to help you put forth effort into improving, did you know that there is also a benefit to being aware of what you are good at, what your strengths are?

Drs. Chris Peterson and Martin Seligman identified the Character Strengths that are valued in nearly every culture. They identified a total of 24 Character Strengths that appear to be universal. Of the 24 Character Strengths, the 4 or 5 that you use most often are called your Signature Character Strengths. Knowing and using your Signature Character Strengths will increase energy, motivation, and success.

To find out what your Signature Character Strengths are through the Values In Action survey, grab a parent and follow the instructions below. Otherwise, use pages 26-28 of this book to narrow the 24 Character Strengths into your Signature Character Strengths.

Follow the link: <https://www.authentic happiness.sas.upenn.edu>

Click on: Questionnaire Tab

Click on: VIA Strength Survey for Children

Parent Login or Create Account

Child Create Account



CHARACTER STRENGTHS DEFINITIONS



Appreciation of excellence and beauty: 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.

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 and you act on your convictions.

Capacity to love and be loved: You value close relationships with others, especially those in which sharing and caring are reciprocated; being close to people.

Caution, prudence, and discretion: You are a careful person, and your choices are consistently sensible ones. You do not say or do things that you might later regret.

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

Creativity, originality, ingenuity: 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.

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.

Fairness, equity, and justice: Treating all people fairly is one of your guiding principles. You do not let your personal feelings bias your decisions about other people. You give everyone a chance.

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

Gratitude: You are aware of and thankful for the good things that happen; you take time to express thanks.

Honesty, authenticity, and genuineness: You are an honest person; you speak the truth and live your life in a genuine way. You are a “real” person.

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.



Humor and playfulness: You like to laugh, tease, and bring smiles to other people. You try to see the light side of all situations.

Industry, diligence, and perseverance: You work hard to finish what you start and no matter what you “get it out the door” in a timely fashion. You do not get distracted when you work and you take satisfaction in completing tasks.

Judgment, critical thinking, and open-mindedness: You think things through and examine them from all sides. You do not jump to conclusions, you rely on solid evidence to make your decisions, and you are able to change your mind.

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.

Leadership: You excel at 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.

Love of learning: You love learning new things, whether in class or on your own. You love school, reading, and museums – anywhere and everywhere there is an opportunity to learn.

Modesty and humility: You do not seek the spotlight and let your accomplishments speak for themselves. Others recognize and value your modesty.

Perspective [wisdom]: You may not think of yourself as wise, but your friends hold this view of you and they often turn to you for advice. You look at the world in a way that makes sense to you and to others.

Self-control and self-regulation: You self-consciously regulate what you feel and what you do. You are a disciplined person, in control of yourself and your emotions.

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

Spirituality, sense of purpose, and faith: You have strong beliefs about the higher purpose and meaning of the universe. You know where you fit in the larger scheme and your beliefs shape your actions and give you comfort.

Zest, enthusiasm, and energy: Regardless of what you do, you approach it with excitement and energy. You never do anything halfway or halfheartedly. For you, life is an adventure.



WHAT ARE YOUR SIGNATURE STRENGTHS?

1. List 10-12 Character Strengths that you value

Of the strengths you value,

2. List 6-8 Character Strengths that you have used in the last week

Of the strengths you have used,

3. List 3-6 Character Strengths that no one has to remind you to use

My
Signature
Strengths



CHARACTER STRENGTHS IN CHALLENGES: TEAM AND FAMILY



Challenge: Quarantine and COVID-19

Goals: Get through social distancing as a family

Identify which Signature Character Strengths each family member has and how these strengths can help the family through this time.

Person	Strength	How the strength is used