

STRENGTHS SELF-ASSESSMENT

The VIA Survey of Character Strengths is a simple self-assessment that takes less than 15 minutes and provides a wealth of information to help you understand your core characteristics. Most personality tests focus on negative and neutral traits, but the VIA Survey focuses on your best qualities.

Created under the direction of Dr. Martin Seligman, the "father of [Positive Psychology](#)" and author of *Authentic Happiness* and *Flourish*, and Dr. Christopher Peterson, distinguished scientist at the University of Michigan and author of *A Primer in Positive Psychology*, and validated by Robert McGrath, Ph.D., the VIA Survey is regarded as a central tool of positive psychology and has been used in hundreds of research studies and taken by over 5 million people in over 190 countries..

To complete your strength survey, please follow the link below:

<https://www.viacharacter.org/www/>

- Select the button: Take The Free VIA Survey
- Register to get started
- Complete Survey
- Your character strength profile will show on the screen
- You have two options to select
 - Download **free** character strength profile
 - **Purchase** full report (\$50 for both reports)