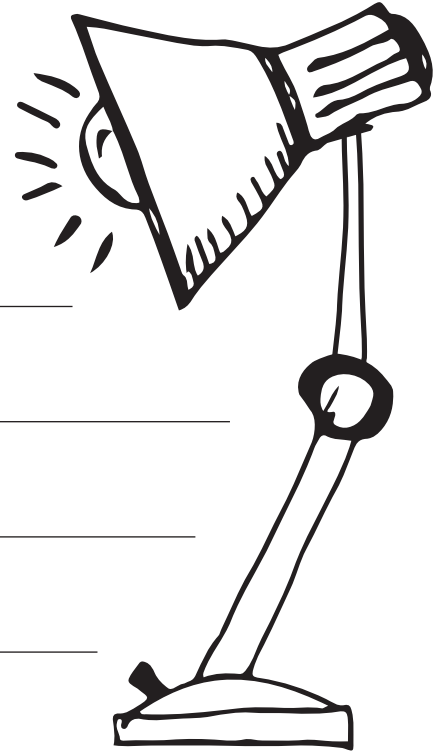


Shine a Light on YOUR Signature Strengths!

List your 5 Signature Strengths below and then answer the reflection questions.



1. _____
2. _____
3. _____
4. _____
5. _____

Signature Strengths Practice

- What did you learn about yourself by taking the VIA? _____

- What surprised you most about your VIA results? _____

- How do your Signature Strengths enable you to succeed at school/work? _____

- How do your Signature Strengths show up in your personal life/relationships? _____

- Are there any ways in which your strengths hinder you? _____
