

Signature Strengths Worksheet

(Adapted VIA Signature Strengths and Virtues)

Have a look at the strengths below and read their description. Once you have read through them all rate them in order of importance to you with 1 being most important and 24 being least important.

Strength	Description	My rating
Creativity	Original and adaptive, you like to see and do things in a different	
Bravery	You don't shy away from threat or challenge, and you generally face your fears	
Love	You value you close and meaningful connections with others	
Forgiveness	You accept others failures, give people a second chance and let go of hurt	
Appreciation beauty and excellence	You love and find beauty in things, places and people. You admire people's skills and moral greatness.	
Curiosity	You seek out and are open to new experiences	
Perseverance	You finish what you start and overcome obstacles in your way	
Kindness	You show care and compassion to others	
Humility	You are modest and let your accomplishments speak for themselves	
Gratitude	You are thankful for the good things that happen to you, you often feel blessed	
Judgement	You are critical in your thinking; you like to see all sides of an argument and don't like jumping to conclusions	
Honesty	You are true to yourself and there are no pretences	
Social intelligence	You are often aware of your own motives and the motives of others, and you generally know what makes other people 'tick'	
Prudence	You are careful about your choices and rarely take silly risks	
Hope	You are hopeful about your future; you expect the best and work hard to achieve it	
Love of learning	You love learning to skills or gathering new knowledge	
Zest	You are enthusiastic and tend to pull your all into what you do	
Teamwork	You feel loyal to a group and contribute towards it	
Self-regulation	You are discipline and manage your impulses and your emotions	
Humour	You like to bring smiles to others, and you see the lighter side of life	
Perspective	You like to see the bigger picture and people often tell you that you are wise	
Fairness	You don't allow your feelings to bias your decisions and you believe in justice	
Spirituality	You believe in meaning, faith and purpose	

Leadership	You like to organise others to get things done, you positively influence others	
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