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VALUES IN ACTION SIGNATURE STRENGTHS SURVEY

The Signature Strengths Survey is a guide to help you identify those character strengths that most motivate, inspire and propel you through life -- even if you haven't used them often or even been aware of them until now. However, the survey results are not definitive. You are the only real authority on you.

You can take the survey as many times as you wish. The results can change some over time, however research has shown that your Signature Strengths will show up quite consistently.

1) Go to <http://www.authentic happiness.sas.upenn.edu/> and click on "Register" in the top menu. When done, go to the "VIA Survey of Character Strengths" to use the questionnaire. The information you supply will only be used for scientific research and is confidential. *Write down the email address and password you entered* so you can access this site again. If you're adventurous, you can also take any of the other questionnaires.

2) It will take about 45 minutes to complete the survey – there are 240 questions and the online program is not equipped to save the test for future completion. If a question doesn't apply to you, answer it as if it did. For the instrument to be most useful, realistic honesty and accuracy is essential. On the statements that don't really fit you or your life, just go with your gut and don't over-think it.

3) You will receive your top 5 strengths. However for complete accuracy return to your Test Center and scroll down to the VIA Signature Strengths Survey and click on "Details." Then click on "View all 24 Strengths for this date". **Be sure to print it out.** To differentiate between your strengths (which can be learned strengths but not necessarily who you are) and Signature Strengths (which have been with you all your life and seem to come from your very core, even though you may not be actually using them now), consider your top 12 strengths. Ask yourself which strengths best correlate with the below criteria? The results are your Signature Strengths.

- A sense of ownership and authenticity ("This is the real me.")
- Feelings of excitement while displaying it or seeing others display it.
- A rapid learning curve as the strength is first practiced.
- Continuous learning of new ways to enact the strength.
- A sense of yearning to find ways to use it.
- A feeling of inevitability in using the strength ("Try and stop me.")
- Invigoration rather than exhaustion while using the strength.
- The creation and pursuit of personal projects that revolve around it.
- Joy, zest, enthusiasm, even ecstasy while using it.
- Overuse, or indiscriminate use, of the strength may have been a problem at times.

Print your Signature Strengths on cards and place them where you can review them daily. By identifying your Signature Strengths and employing them frequently in as many ways as possible, you can significantly increase your life satisfaction and effectiveness. You can also use them as a balancing guide by noticing which strengths are overused and which are underused and then simply finding ways to employ the underused strengths more.

Focusing on your Signature Strengths is a simple, ongoing practice that can have a very positive, usually transformative, affect on your life. The possibilities are endless.

Let the adventure begin!