

## Finding Your VIA Signature Character Strengths

### What are the VIA Signature Character Strengths?

These are 24 character strengths that have met certain criteria and correlate positively to well-being. Because they are strengths of character, not innate talents, we can choose to grow them. [More here.](#)

### Why do they matter?

When we understand and use our character strengths, we increase our well-being, and that of others as well. People who know and use their strengths are 18x more successful than those who don't.

### How do I find my VIA Character Strengths?

1. Go to <https://www.viacharacter.org/survey/account/register>
2. [Register](#) (blue link at bottom of page) if you have not previously used this site. Create a login and password (site is free). Feel free to opt out of the newsletter by unchecking the appropriate box.
3. After registering, take the **VIA Survey of Character Strengths questionnaire** (takes 10-15 minutes). You can opt for the free version. Print out all 24 strengths for yourself, and save them to a file. **Please attach the file to an email, and send to me.** If this is too difficult, then please email me your Top Five VIA character strengths.
4. Contact me if you have any questions while doing this. Have fun!
5. We will set up a session to go through your strengths and I'll explain what they mean and how to apply them.