**Discussion: My Character Strengths**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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25 Character Strengths from the VIA Institute on Character.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Creativity | Curiosity | Judgment | Love of Learning | Perspective |
| Bravery | Perseverance | Honesty | Zest |  |
| Love | Kindness | Social Intelligence |  |  |
| Teamwork | Fairness | Leadership |  |  |
| Forgiveness | Humility | Prudence | Self-Regulation |  |
| Appreciation of Beauty | Gratitude | Hope | Humor | Spirituality |

List your top 5 character strengths. You can use the results of the VIA Character Survey at [www.viacharacter.org](http://www.viacharacter.org) or your own ideas.

1.

2.

3.

4.

5.

Group Activity

Share your top five character strengths with your group. Share at least one example of how you use this character strength when you are in challenging situations.

For example, my top character strengths are humor, gratitude, forgiveness, perspective, and perseverance. When things are difficult, I often gain perspective by trying to find the humor in the situation and then taking action to deal with the situation.