

# CHARACTER STRENGTHS

## GRADES 2-5 SURVEY



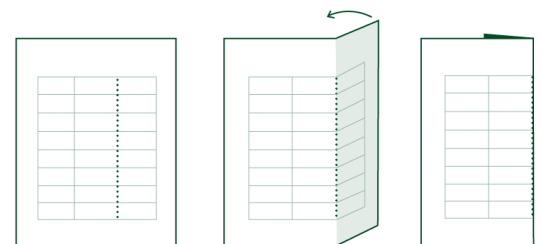
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The Positivity Project's Character Strengths Snapshot Survey is a concise assessment designed to provide individuals with a quick understanding of their personal character strength profile. While it is important to note that this survey has not undergone academic validation, it will serve as a valuable starting point for individuals interested in exploring their character strengths.

### Survey Instructions

#### Step 1: Print and Fold

To achieve the most unbiased results, please print single-sided and fold along the dark green dotted line so that the "Character Strength" column is hidden as you take the survey. Once you have completed the survey, you may unfold each page and reveal your strengths.



#### Step 2: Fill Out Survey

For each row, using the key below, please circle the number that corresponds with how similar each sentence is to you.

- 1 = Not at all like me
- 2 = A little like me
- 3 = Somewhat like me
- 4 = A lot like me

#### Step 3: Tally Results

1. Unfold the paper to reveal the character strengths.
2. For every sentence you marked as a "4," write the corresponding strength under "Reliable Strengths" on the last page. Continue, writing 3s under "Emerging Strengths," 2s under "Under-Utilized Strengths," and 1s under "Strengths that Need Focus."

#### Step 4: Your Top Strength

1. Ask yourself: What's your top strength (and why do you think so)?
2. Put a star next to your top strength.

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Sentence	Rate				Character Strength
I take action even when things are scary.	1	2	3	4	Bravery (C)
I don't give up, even when things are hard.	1	2	3	4	Perseverance (C)
I always tell the truth.	1	2	3	4	Integrity (C)
I have a lot of energy and feel that life is exciting.	1	2	3	4	Enthusiasm (C)
Being very close to one or more people is important to me.	1	2	3	4	Love (H)
I enjoy helping other people.	1	2	3	4	Kindness (H)

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Sentence	Rate				Character Strength
I understand other people's feelings and actions.	1	2	3	4	Social Intelligence (H)
I appreciate the beauty in the world and seeing other people do good at something.	1	2	3	4	Appreciation of Beauty and Excellence (Tr)
It is important to say "thank you" as often as possible.	1	2	3	4	Gratitude (Tr)
I start each day believing it will be a good day.	1	2	3	4	Optimism (Tr)
I enjoy laughing, and I enjoy making other people laugh and smile.	1	2	3	4	Humor (Tr)
I feel like I know what I am doing in life.	1	2	3	4	Purpose (Tr)
I think before I act.	1	2	3	4	Self-Control (Te)

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Sentence	Rate				Character Strength
I set goals and make plans.	1	2	3	4	Prudence (Te)
I do not brag.	1	2	3	4	Humility (Te)
I forgive others when they make mistakes.	1	2	3	4	Forgiveness (Te)
I like to be a leader in my groups.	1	2	3	4	Leadership (J)
I believe in being fair.	1	2	3	4	Fairness (J)
I like working on a team.	1	2	3	4	Teamwork (J)
I think it is important to listen to other people's ideas.	1	2	3	4	Perspective (W)

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Sentence	Rate				Character Strength
I get excited about learning something new.	1	2	3	4	Love of Learning (W)
I believe it is okay to change my mind.	1	2	3	4	Open-mindedness (W)
I enjoy trying new things.	1	2	3	4	Curiosity (W)
I enjoy being creative.	1	2	3	4	Creativity (W)

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Reliable Strengths (4)	Emerging Strengths (3)	Under-Utilized Strengths (2)	Strengths that Need Focus (1)
<p><i>Reliable Strengths are things we are really good at and do all the time. They help us succeed and feel happy. They make it easier for us to handle challenges, make friends, and achieve our goals.</i></p>	<p><i>Emerging Strengths are the things we are getting better at. They have a lot of potential to make us even stronger and have a positive impact on our lives. By working on these strengths, we can improve them and make our lives even better.</i></p>	<p><i>Under-Utilized Strengths are the things we're good at but don't use as much as we could. Sometimes, we might not even realize how good we are at them. When we pay more attention to these strengths and use them more often, they can help us find new talents, learn new things, and become more successful.</i></p>	<p><i>Strengths that Need Focus are things we are good at but need to practice more. They can be even better if we give them more attention and work on them. When we focus on these strengths, we can do even better, have better relationships with others, and live a happier life.</i></p>



To read more about your results, scan the QR code or visit <https://posproject.org/character-strengths/>