

CHARACTER STRENGTHS

ADULT SURVEY



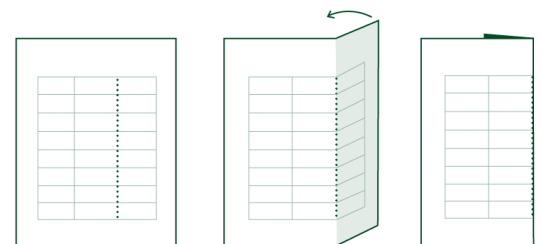
THE
POSITIVITY
PROJECT

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 know what I'm afraid of and take action to overcome my fears.	1	2	3	4	Bravery (C)
I complete what I start even if there are obstacles in my way.	1	2	3	4	Perseverance (C)
I practice what I preach.	1	2	3	4	Integrity (C)
I feel energized and excited about life on a regular basis.	1	2	3	4	Enthusiasm (C)
There is someone whose happiness matters to me just as much, or more, than my own.	1	2	3	4	Love (H)
I enjoy doing good deeds for people – even when I am not recognized for them.	1	2	3	4	Kindness (H)

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Sentence	Rate				Character Strength
I understand other people's thoughts, feelings, and actions.	1	2	3	4	Social Intelligence (H)
I appreciate beautiful things I observe in nature as well as the various talents people have.	1	2	3	4	Appreciation of Beauty and Excellence (Tr)
I am aware of and thankful for the good things that happen.	1	2	3	4	Gratitude (Tr)
I believe that everything will work out.	1	2	3	4	Optimism (Tr)
I enjoy laughing, and I enjoy making other people laugh and smile.	1	2	3	4	Humor (Tr)
My life has meaning and what I do matters.	1	2	3	4	Purpose (Tr)
I have the ability to consider the situation before responding.	1	2	3	4	Self-Control (Te)

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Sentence	Rate				Character Strength
I plan for the future and achieve my goals by making deliberate choices.	1	2	3	4	Prudence (Te)
I allow my work to speak for itself—I do not brag, and I do not seek the spotlight.	1	2	3	4	Humility (Te)
I don't hold grudges.	1	2	3	4	Forgiveness (Te)
I am good at organizing others toward a common goal.	1	2	3	4	Leadership (J)
I believe all people have value and deserve to be respected.	1	2	3	4	Fairness (J)
I am reliable and dedicated to helping my team achieve their goals.	1	2	3	4	Teamwork (J)
I think it is important to consider all sides and opinions before acting.	1	2	3	4	Perspective (W)

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Sentence	Rate				Character Strength
I love diving deeply into the subjects in which I'm interested.	1	2	3	4	Love of Learning (W)
I actively look for evidence that goes against my opinion and take it into consideration.	1	2	3	4	Open-mindedness (W)
I enjoy exploring new ideas, places, and activities.	1	2	3	4	Curiosity (W)
I enjoy thinking about and doing things in original ways.	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 the things we're really good at, and we consistently do them. These strengths bring us success and happiness. They make it easier to face challenges, make friends, and achieve our goals with confidence.</i></p>	<p><i>Emerging Strengths are the things we're getting better at. They have a lot of potential to make us even stronger and have a positive impact on our lives. When we work on these strengths, we can improve them and make our lives even better.</i></p>	<p><i>Under-Utilized Strengths are what 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. By paying more attention to these strengths and using them more often, they can help us discover new talents, learn new things, and become more successful.</i></p>	<p><i>Strengths that Need Focus are the things we're good at but need to practice and improve. If we give them more attention and work on them, they can become even better. Focusing on these strengths can help us achieve higher levels of success, 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/>