

CHARACTER STRENGTHS

Pre-K-1 SURVEY



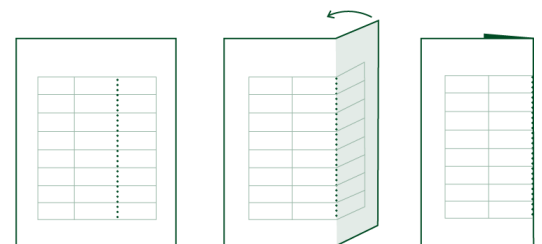
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PROJECT

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 the student in your class.

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

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
Takes action even when scared.	1	2	3	4	Bravery (C)
Works hard to finish what they start.	1	2	3	4	Perseverance (C)
Always tells the truth	1	2	3	4	Integrity (C)
Has lots of energy and gets excited by many things.	1	2	3	4	Enthusiasm (C)
Cares deeply about other people.	1	2	3	4	Love (H)
Enjoys doing good deeds for other people.	1	2	3	4	Kindness (H)

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Sentence	Rate				Character Strength
Understands other people's feelings.	1	2	3	4	Social Intelligence (H)
Appreciates beautiful things and watching others do things well.	1	2	3	4	Appreciation of Beauty and Excellence (Tr)
Says "thank you" often.	1	2	3	4	Gratitude (Tr)
Thinks the future is bright.	1	2	3	4	Optimism (Tr)
Loves to laugh.	1	2	3	4	Humor (Tr)
Acts with intention.	1	2	3	4	Purpose (Tr)
Thinks before acting.	1	2	3	4	Self-Control (Te)

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Sentence	Rate				Character Strength
Acts as if driven by a plan.	1	2	3	4	Prudence (Te)
Does not brag or boast.	1	2	3	4	Humility (Te)
Forgives others.	1	2	3	4	Forgiveness (Te)
Takes on leadership roles.	1	2	3	4	Leadership (J)
Acts in a fair manner.	1	2	3	4	Fairness (J)
I am reliable and dedicated to helping my team achieve their goals.	1	2	3	4	Teamwork (J)
Works well on a team.	1	2	3	4	Perspective (W)

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Sentence	Rate				Character Strength
Gets excited about new content.	1	2	3	4	Love of Learning (W)
Is willing to consider other people's ideas.	1	2	3	4	Open-mindedness (W)
Enjoys trying new things.	1	2	3	4	Curiosity (W)
Displays creativity.	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're really good at and do a lot. They make us happy and help us succeed. When we have these strengths, it's easier to handle challenges, make friends, and reach our goals.</i></p>	<p><i>Emerging Strengths are things we're getting better at. They have lots of potential to make us even stronger and make our lives better. We can practice these strengths to become even better at them.</i></p>	<p><i>Under-Utilized Strengths are things we're good at but don't use much. Sometimes we don't even know how good we are at them. If we pay more attention and use these strengths more often, we can discover new talents and learn new things.</i></p>	<p><i>Strengths that Need Focus are things we're good at but need more practice. If we work on these strengths and give them more attention, they can become even better. When we focus on these strengths, we can do even better and have more fun with our friends.</i></p>



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