

VIA (VALUES IN ACTION) CHARACTER STRENGTHS INSTRUCTIONS

STEP 1: ACCESS THE LINK BELOW.

[Access to VIA \(Values in Action\) Character Strengths](#)

STEP 2: REGISTER TO ACCESS THE SURVEY.

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User Login

Username *

Enter your Authentic Happiness username.

Password *

Enter the password that accompanies your username.

LOG IN

[Forgot Password?](#)
[Register](#)

Select Register

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Username *

Spaces are allowed; punctuation is not allowed except for periods, hyphens, apostrophes, and underscores.
You may choose your e-mail address as your username. If you do so, please enter it again in the box below to validate.

E-mail address *

A valid e-mail address. All e-mails from the system will be sent to this address. The e-mail address is not made public and will only be used if you wish to receive certain news or notifications by e-mail.

Password *
 Password strength:

Confirm password *

Provide a password for the new account in both fields.

First Name

Date of Birth

Register by providing a username (email address is fine), along with a password, first name, and biographical information that is kept confidential. There is no cost.

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STEP 3: AFTER REGISTERING YOU'LL BE REDIRECTED TO THE SURVEYS PAGE.

STEP 4: LOCATE THE VIA SURVEY OF CHARACTER STRENGTHS.

Engagement Questionnaires	My Score	Result Range	Last Taken	Options & Details
Optimism Test Measures Optimism About the Future	N/A	N/A	N/A	Take Test
Transgression Motivations Questionnaire Measures Forgiveness	N/A	N/A	N/A	Take Test
VIA Survey of Character Strengths Measures 24 Character Strengths		N/A	N/A	Take Test
Gratitude Survey Measures Appreciation about the Past	N/A	N/A	N/A	Take Test

Scroll Down to VIA Survey

STEP 5: COMPLETE THE VIA SURVEY OF CHARACTER STRENGTHS TEST.

STEP 6: PRINT A COPY ONCE YOUR RESULTS ARE AVAILABLE.

You can view all the results by selecting **“show more”** at the bottom of the screen. Print from your browser to save the file in a PDF format.

Strength #5

Honesty, authenticity, and genuineness -

You are an honest person, not only by speaking the truth but by living your life in a genuine and authentic way. You are down to earth and without pretense; you are a "real" person.

Show More

Select Show More

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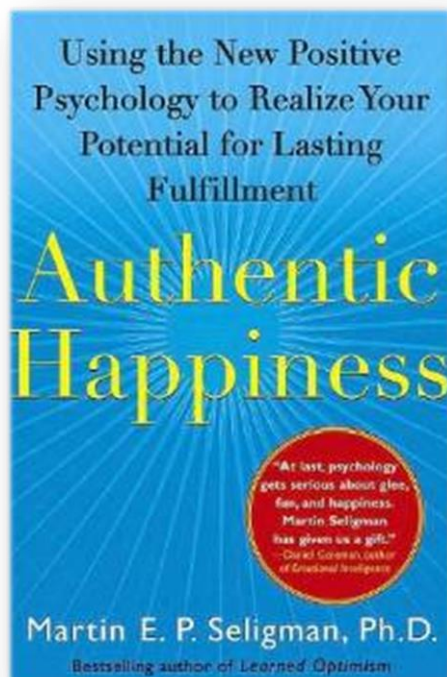
EXPLORE YOUR RESULTS

Your top 5 Strengths are your **Signature Strengths**. Research indicates that overall fulfillment is enhanced when our Signature Strengths are present in all aspects of our life. Your bottom 5 Strengths (or **Less Present Strengths**) are also important to understand if you find they are interfering with your overall happiness.

CONTEMPLATIVE QUESTIONS

- ? What would be different if I was able to access my Signature Strengths more frequently?
- ? What opportunities do I have to access my Signature Strengths during this stage in my life?
- ? Which of my less important strengths do I need to be mindful of during this stage of my life?
- ? How can I leverage my strengths as part of the coaching experience?

WANT TO LEARN MORE?



A national bestseller, ***Authentic Happiness*** launched the revolutionary new science of Positive Psychology—and sparked a coast-to-coast debate on the nature of real happiness.

According to esteemed psychologist and bestselling author Martin Seligman, happiness is not the result of good genes or luck. Real, lasting happiness comes from focusing on one's personal strengths rather than weaknesses—and working with them to improve all aspects of one's life. Using practical exercises, brief tests, and a dynamic website program, Seligman shows readers how to identify their highest virtues and use them in ways they haven't yet considered. Accessible and proven, ***Authentic Happiness*** is the most powerful work of popular psychology in years.