

# Verve COACHING

## What Are Your Top Character Strengths?

Consider the following list adapted from Martin Seligman's Values in Action (VIA) Survey of Character Strengths ([www.viasurvey.org](http://www.viasurvey.org)). Then, answer the questions below.

Clarifying Goals

Expanding Capabilities

Leveraging Strengths

Achieving Results

Creativity  
Curiosity  
Open-Mindedness  
Love of Learning  
Perspective  
Bravery  
Persistence  
Integrity  
Vitality  
Love  
Kindness  
Social Intelligence  
Citizenship  
Fairness  
Leadership  
Forgiveness and Mercy  
Humility/Modesty  
Prudence  
Self-Regulation  
Appreciation of Beauty and Excellence  
Gratitude  
Hope  
Humor  
Spirituality

Questions:

1. Which three of these strengths do you most identify with?
2. Where have they shown up in your life and work?
3. What is one example of a new area where applying one of these strengths could make a difference?