

Understanding your strengths and values - The VIA Character Strengths Survey

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There are a variety of ways to develop an understanding of your strengths and values. One place to start is by taking a free version of the Values in Action (VIA) Character Strengths survey.

A) TO GET STARTED: TAKE THE SURVEY FOR FREE

- Go the VIA website, read the provided information on the survey, and then complete the online form to register to take a VIA survey - <https://www.viacharacter.org/survey/account/Register>
 - When you have completed the registration form, the button on the form will display this prompt.



BEGIN THE SURVEY →

- Click on “BEGIN THE SURVEY”. If you want, click “Learn more” next to the VIA Adult survey title. When you are ready, click on “START VIA ADULT SURVEY”.



VIA Adult Survey Learn more ▾
For ages 18+



START VIA ADULT SURVEY

Read the instructions at the top of the survey and then select your answer for each statement. After you complete all of the answers on this page, click on the “SAVE AND CONTINUE” button at the bottom.

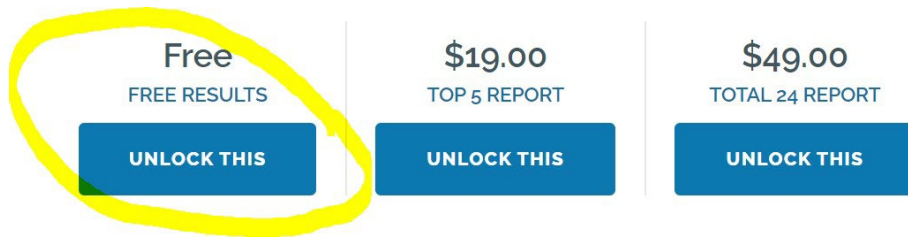


SAVE AND CONTINUE →

- The survey instructions indicate that you might take around 10 minutes to provide your responses to all the survey statements.
- **IMPORTANT NOTES:**
 - After you complete the VIA character strengths survey, you may see a request that asks you to participate in a Peace and kindness study. Participating in this research study is not part of the assignment for this class. If you do not wish to participate in the research study, click on “**Skip Study**”.
 - The next page will thank you for taking the VIA survey and give you an option to provide information about yourself in the online form. If you do not want to do so, click on “**SKIP & GET YOUR FREE RESULTS**”.

B) GET THE **FREE** REPORT THAT LISTS YOUR STRENGTHS

- The next page will show your top strength along with a description of how it is understood in this assessment.
- **TO GET YOUR FREE REPORT**
 - scroll down the web page to the table that lists the features of three reports that you can obtain (two of them are not free).
 - Scroll to the bottom of the features/reports table and click on “UNLOCK THIS” under the FREE “RESULTS OPTION”



C) SAVE YOUR RESULTS IN A WORD DOCUMENT

- When you click on “UNLOCK”, you will see web page that has your name on the first line, Your Free Results and the date on the second line, and then information for your top, middle and lesser strengths in order of strength.
 - Select the heading of the report (i.e., your name and the second line with the date) along with all of the information for your strengths.
 - Open up Word, create a new document and paste this information in it.
 - Double check that you have all the required information (name, date and all 24 strengths that were ranked)
 - Save your Word document

D) LEARN MORE

- There are many resources that you can find on the VIA website. You might start with the options under the [Resources option](#) on the website.