

Character Traits and Strengths: Worksheet

It has been said that you can find your calling “At the intersection of your greatest gift and the world's greatest need.” The world’s needs are great -- both the material (physical) and spiritual (psychological). Your greatest gift can be identified, in part, through the activities that you love, the skills you possess and the interactions that give you joy in a given day.

One starting point in uncovering your gift is identifying the peak activities and interactions that have had meaning for you, and then looking at commonalities. Another way is by assessing your character strengths, such as curiosity, industry, and loyalty. These exercises can help you uncover some truths about your inner self, that part of you that wants to move forward.

In this first exercise, log on to <http://www.viacharacter.org/Survey/Account/Register> and take the survey. The VIA Survey-120 is a 120 item, scientifically validated, questionnaire that provided a rank order of an adult’s 24 character strengths. The new revised version takes approximately 15 minutes to and is the only survey of strengths in the world that is free, online, and psychometrically valid. You must register; it requires minimal personal information.

What did you learn about yourself?

What surprised you?

II. In this second exercise, list as many (up to fifteen) activities that gave you a sense of joy, accomplishment, or satisfaction. These peak activities can be from any area of your life: work, play, home, in the company of others or in the company of self. Some examples of one person's activities are: Taking a road trip around the United States; Named top salesperson of the year; Camping in Arizona. What does your list look like?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

What do these experiences have in common?

Do any traits or characteristics stand out? If so, what are they?