

Sarah Gleeson

Your Free Results, 6/12/2024

Your Top Strengths



Forgiveness
TEMPERANCE

Forgiving those who have done wrong; accepting others' shortcomings; giving people a second chance; not being vengeful.

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Humor
TRANSCENDENCE

Liking to laugh and tease; bringing smiles to other people; seeing the light side; making (not necessarily telling) jokes.



Spirituality
TRANSCENDENCE

Having coherent beliefs about the higher purpose and meaning of the universe; knowing where one fits within the larger scheme; having beliefs about the meaning of life that shape conduct and provide comfort.



Hope
TRANSCENDENCE

Expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about.

Your Middle Strengths



Bravery
COURAGE

Not shrinking from threat, challenge, difficulty, or pain; speaking up for what's right even if there's opposition; acting on convictions even if unpopular; includes physical bravery but is not limited to it.



Kindness
HUMANITY

Doing favors and good deeds for others; helping them; taking care of them.



Gratitude
TRANSCENDENCE

Being aware of and thankful for the good things that happen; taking time to express thanks.



Creativity
WISDOM

Thinking of novel and productive ways to conceptualize and do things; includes artistic achievement but is not limited to it.



Love of Learning
WISDOM

Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally; related to the strength of curiosity but goes beyond it to describe the tendency to add systematically to what one knows.



Curiosity
WISDOM

Taking an interest in ongoing experience for its own sake; finding subjects and topics fascinating; exploring and discovering.



Fairness
JUSTICE

Treating all people the same according to notions of fairness and justice; not letting feelings bias decisions about others; giving everyone a fair chance.

- 13 **Social Intelligence**
HUMANITY
Being aware of the motives/feelings of others and oneself; knowing what to do to fit into different social situations; knowing what makes other people tick.
- 14 **Teamwork**
JUSTICE
Working well as a member of a group or team; being loyal to the group; doing one's share.
- 15 **Zest**
COURAGE
Approaching life with excitement and energy; not doing things halfway or halfheartedly; living life as an adventure; feeling alive and activated.
- 16 **Honesty**
COURAGE
Speaking the truth but more broadly presenting oneself in a genuine way and acting in a sincere way; being without pretense; taking responsibility for one's feelings and actions.
- 17 **Judgment**
WISDOM
Thinking things through and examining them from all sides; not jumping to conclusions; being able to change one's mind in light of evidence; weighing all evidence fairly.
- 18 **Perspective**
WISDOM
Being able to provide wise counsel to others; having ways of looking at the world that make sense to oneself/others.
- 19 **Leadership**
JUSTICE
Encouraging a group of which one is a member to get things done and at the same time maintain good relations within the group; organizing group activities and seeing that they happen.
- 20 **Love**
HUMANITY
Valuing close relations with others, in particular those in which sharing & caring are reciprocated; being close to people.

Your Lesser Strengths

- 21 **Humility**
TEMPERANCE
Letting one's accomplishments speak for themselves; not regarding oneself as more special than one is.
- 22 **Prudence**
TEMPERANCE
Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted.
- 23 **Perseverance**
COURAGE
Finishing what one starts; persevering in a course of action in spite of obstacles; "getting it out the door"; taking pleasure in completing tasks.
- 24 **Self-Regulation**
TEMPERANCE
Regulating what one feels and does; being disciplined; controlling one's appetites and emotions.

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Unlock the potential of your strengths today:

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- ✓ Personalized rank order list of your 24 character strengths.

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Option 2



TOTAL 24 REPORT

- ✓ Everything included with the Top 5.
- ✓ The five strengths most connected to your **happiness** + exercises to boost them.
- ✓ Review of your middle and lower strengths with tips for **boosting** these strengths.
- ✓ Exploration of **overuse** and **underuse** of your strengths so that you use your strengths to increase happiness.
- ✓ Analysis of your strengths according to the **virtues**, revealing your highest virtue.

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Option 3



TOP 5 REPORT

- ✓ Personalized rank order list of your 24 character strengths.
- ✓ **Activities** to boost your strengths and improve your well-being.
- ✓ In-depth **analysis** of your top 5 character strengths.
- ✓ Insight into how **others** see you based on your top 5.
- ✓ Tips to use your top 5 for greater **well-being**.

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