

VIA *Youth*

Character Strengths Report



SAMPLE REPORT

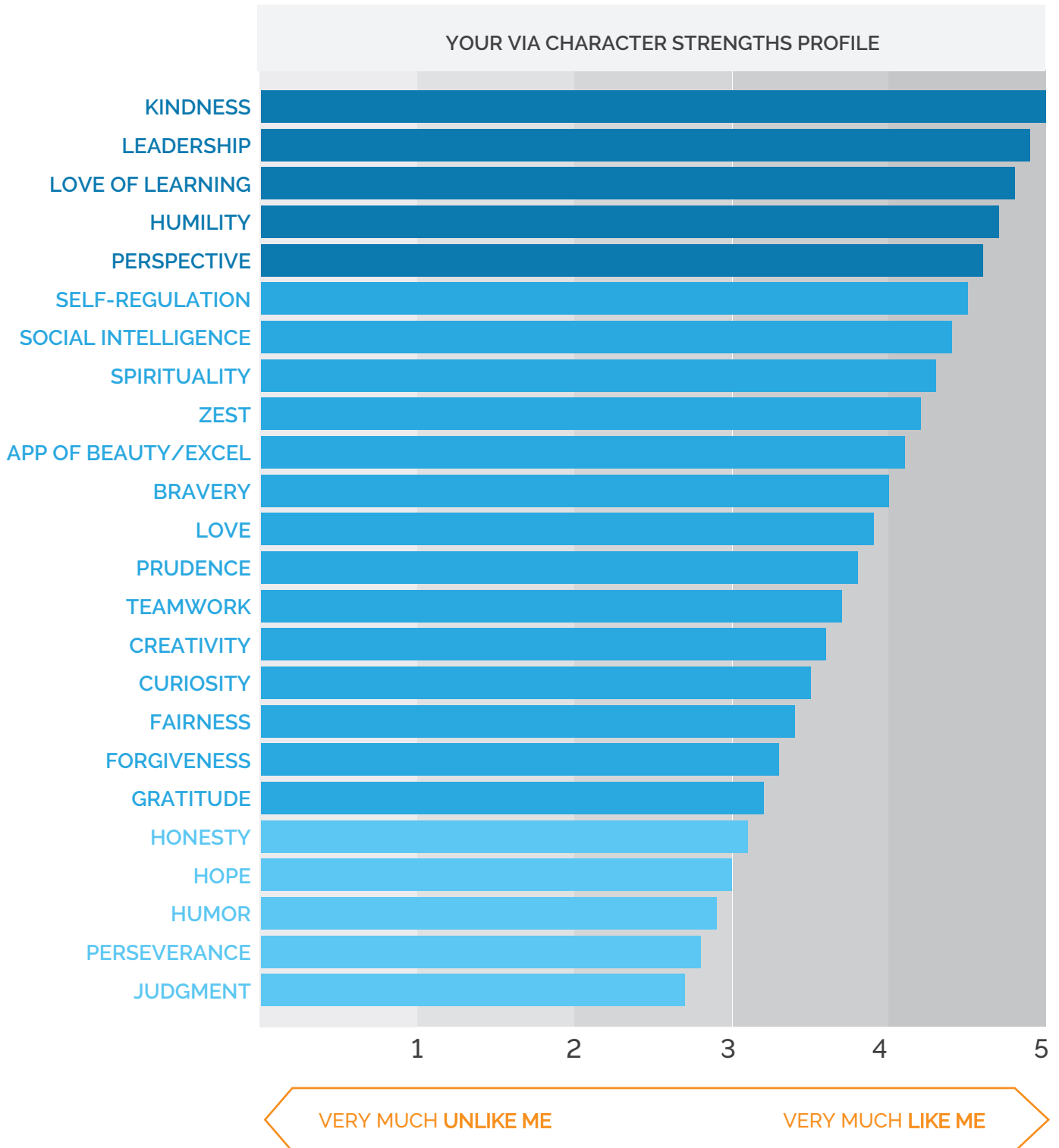
Table of Contents

INTRODUCTION	1
YOUR VIA CHARACTER STRENGTHS	
Your VIA Character Strengths Profile	2
Your Signature Strengths	3
Your Middle Strengths	9
Your Lesser Strengths	14
CONCLUSION	16

Your Results

VIA Character Strengths Profile

This graph shows your full profile of strengths. You have all 24 of these qualities within in you. Check YOU out!



1. Kindness

WHAT IT MEANS

You're just a naturally nice person. You are kind for kind's sake, not to get something out of it for yourself. Making other people happy is important to you, and you go out of your way to do so. Known as someone who does good deeds, you are concerned with matters outside your own, especially regarding the well-being of others. Kindness is a strength found in good relationships, and when you use this during challenging times, you're being compassionate. This is when you show a deep concern for the welfare of others and are willing to self-sacrifice in order to care for them. Others feel your excitement for them when they have good things happen in their lives.



WHY IT MATTERS

The strength of kindness makes you very likable. It increases your chances for fun and meaningful friendships because it is one of a few strengths that young people look for in friends. Kindness is also connected with being accepted by one's peers. When you are being kind to yourself, you likely experience a number of health benefits. Being kind helps you feel more connected to others, with positive feelings of self-worth.

You are known as:

Generous
Loving
Selfless
Nurturing

Caring
Compassionate
Altruistic
Nice

Flex your strength:

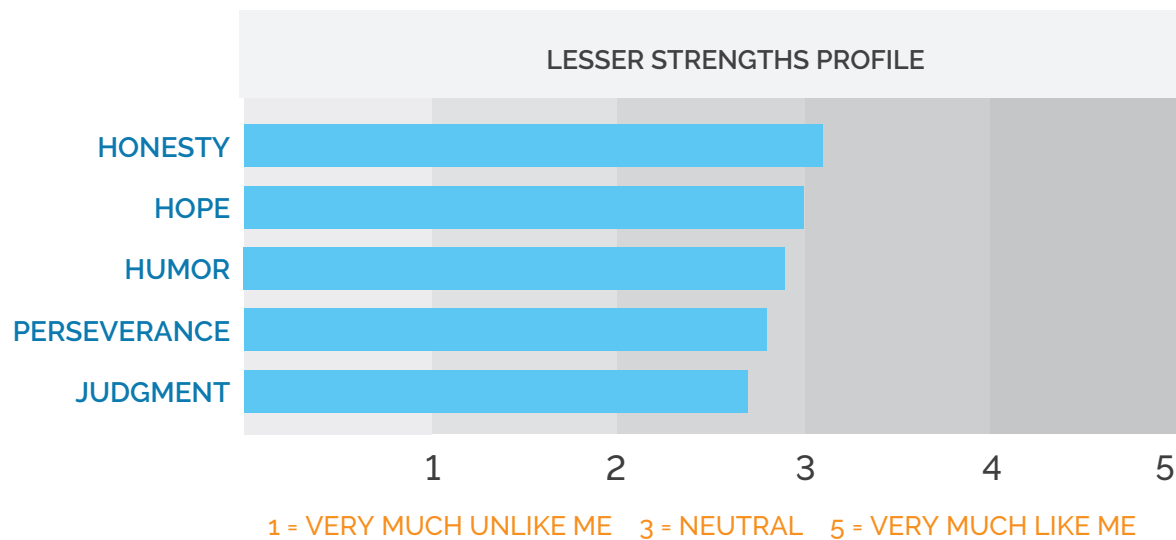
- Give gifts that involve experiential activities that allow you and the other person to celebrate together.
- Do three random acts of kindness per week (e.g., small favors for friends or neighbors, cheering up sick or sad friends, getting groceries for a busy parent, baby-sitting, etc.).

Your Results

Lesser Strengths

The Lesser Strengths do not feel as natural to you as the other strengths in your profile. They require a fair amount of effort and energy for you to use. But, with practice you can build them and use them more in your life.

You can grow your Lesser Strengths by planning to use them more throughout your day. When you wake up each morning, pick a lesser strength and brainstorm ways you could use that strength in a new way. For example, if teamwork is a lesser strength, offer to help make dinner that evening and work together with your family. Or, you could boost bravery by talking to someone at school that you don't know that well. Just approach them and say hi to start the conversation! Explore more ideas in the next few pages.



THIS IS A SAMPLE PREVIEW

There is more to discover in the
Youth Character Strengths Report

