



SELF KNOWLEDGE

The aim of the VIA survey is for you to become more aware of your own strengths. Explore your Character Strengths on the VIA online profile and register in the table below at least your top 5 - 10 strengths.

The first Top 5 strengths from the online survey are your top character strengths, which are strengths that you might identify as the strengths that you often use.

Out of the 24-character strengths in online profile, the top-ranking strengths are the ones that characterise you best, while the lower ranking strengths characterise you the least.

Number	Strength
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	

Number	Strength
13	
14	
15	
16	
17	
18	
19	
20	
21	
22	
23	
24	