

Global Assessment of Character Strengths

Instructions: This survey asks you to describe aspects of your personality. The first page describes 24 elements of personality. On the other pages, you will be asked questions about each of those elements. Be as honest as you can.

1. Creativity: You are viewed as a creative person; you see, do, and/or create things that are of use; you think of unique ways to solve problems and be productive.
2. Curiosity: You are an explorer; you seek novelty; you are interested in new activities, ideas, and people; you are open to new experiences.
3. Judgment/Critical Thinking: You are analytical; you examine things from all sides; you do not jump to conclusions, but instead attempt to weigh all the evidence when making decisions.
4. Love of Learning: You often find ways to deepen your knowledge and experiences; you regularly look for new opportunities to learn; you are passionate about building knowledge.
5. Perspective/Wisdom: You take the “big picture” view of things; others turn to you for wise advice; you help others make sense of the world; you learn from your mistakes.
6. Bravery/Courage: You face your fears and overcome challenges and adversity; you stand up for what is right; you do not shrink in the face of pain or inner tension or turmoil.
7. Perseverance: You keep going and going when you have a goal in mind; you attempt to overcome all obstacles; you finish what you start.
8. Honesty: You are a person of high integrity and authenticity; you tell the truth, even when it hurts; you present yourself to others in a sincere way; you take responsibility for your actions.
9. Zest: You are enthusiastic toward life; you are highly energetic and activated; you use your energy to the fullest degree.
10. Love: You are warm and genuine to others; you not only share but are open to receiving love from others; you value growing close and intimate with others.
11. Kindness: You do good things for people; you help and care for others; you are generous and giving; you are compassionate.
12. Social Intelligence: You pay close attention to social nuances and the emotions of others; you have good insight into what makes people “tick”; you seem to know what to say and do in any social situation.
13. Teamwork: You are a collaborative and participative member on groups and teams; you are loyal to your group; you feel a strong sense of duty to your group; you always do your share.
14. Fairness: You believe strongly in an equal and just opportunity for all; you don’t let personal feelings bias your decisions about others; you treat people the way you want to be treated.
15. Leadership: You positively influence those you lead; you prefer to lead than to follow; you are very good at organizing and taking charge for the collective benefit of the group.
16. Forgiveness/Mercy: You readily let go of hurt after you are wronged; you give people a second chance; you are not vengeful or resentful; you accept people’s shortcomings.
17. Humility/Modesty: You let your accomplishments speak for themselves; you see your own goodness but prefer to focus the attention on others; you do not see yourself as more special than others; you admit your imperfections.
18. Prudence: You are wisely cautious; you are planful and conscientious; you are careful to not take undue risks or do things you might later regret.
19. Self-Regulation: You are a very disciplined person; you manage your vices and bad habits; you stay calm and cool under pressure; you manage your impulses and emotions.
20. Appreciation of Beauty & Excellence: You notice the beauty and excellence around you; you are often awe-struck by beauty, greatness, and/or the moral goodness you witness; you are often filled with wonder.
21. Gratitude: You regularly experience and express thankfulness; you don’t take the good things that happen in your life for granted; you tend to feel blessed in many circumstances.
22. Hope: You are optimistic, expecting the best to happen; you believe in and work toward a positive future; you can think of many pathways to reach your goals.
23. Humor: You are playful; you love to make people smile and laugh; your sense of humor helps you connect closely to others; you brighten gloomy situations with fun and/or jokes.
24. Spirituality: You hold a set of beliefs, whether religious or not, about how your life is part of something bigger and more meaningful; those beliefs shape your behavior and provide a sense of comfort, understanding, and purpose.

Instructions: Put an X in the box in each row that best describes you.

	Very Strongly Disagree	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Very Strongly Agree
Creativity is an essential part of who I am in this world.							
Curiosity is an essential part of who I am in this world.							
Judgment/Critical Thinking is an essential part of who I am in this world.							
Love of Learning is an essential part of who I am in this world.							
Perspective/Wisdom is an essential part of who I am in this world.							
Bravery/Courage is an essential part of who I am in this world.							
Perseverance is an essential part of who I am in this world.							
Honesty is an essential part of who I am in this world.							
Zest is an essential part of who I am in this world.							
Love is an essential part of who I am in this world.							
Kindness is an essential part of who I am in this world.							
Social Intelligence is an essential part of who I am in this world.							
Teamwork is an essential part of who I am in this world.							
Fairness is an essential part of who I am in this world.							
Leadership is an essential part of who I am in this world.							
Forgiveness/Mercy is an essential part of who I am in this world.							
Humility/Modesty is an essential part of who I am in this world.							
Prudence is an essential part of who I am in this world.							
Self-Regulation is an essential part of who I am in this world.							
Appreciation of Beauty & Excellence is an essential part of who I am in this world.							
Gratitude is an essential part of who I am in this world.							
Hope is an essential part of who I am in this world.							
Humor is an essential part of who I am in this world.							
My Spirituality is an essential part of who I am in this world.							

Instructions: Put an X in the box in each row that best describes you.

	Very Strongly Disagree	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Very Strongly Agree
It is natural and effortless for me to express my Creativity strength.							
It is natural and effortless for me to express my Curiosity strength.							
It is natural and effortless for me to express my Judgment/Critical Thinking strength.							
It is natural and effortless for me to express my Love of Learning strength.							
It is natural and effortless for me to express my Perspective/Wisdom strength.							
It is natural and effortless for me to express my Bravery/Courage strength.							
It is natural and effortless for me to express my Perseverance strength.							
It is natural and effortless for me to express my Honesty strength.							
It is natural and effortless for me to express my Zest strength.							
It is natural and effortless for me to express my Love strength.							
It is natural and effortless for me to express my Kindness strength.							
It is natural and effortless for me to express my Social Intelligence strength.							
It is natural and effortless for me to express my Teamwork strength.							
It is natural and effortless for me to express my Fairness strength.							
It is natural and effortless for me to express my Leadership strength.							
It is natural and effortless for me to express my Forgiveness/Mercy strength.							
It is natural and effortless for me to express my Humility/Modesty strength.							
It is natural and effortless for me to express my Prudence strength.							
It is natural and effortless for me to express my Self-Regulation strength.							
It is natural and effortless for me to express my Appreciation of Beauty & Excellence strength.							
It is natural and effortless for me to express my Gratitude strength.							
It is natural and effortless for me to express my Hope strength.							
It is natural and effortless for me to express my Humor strength.							

It is natural and effortless for me to express my Spirituality.							
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Instructions: Put an X in the box in each row that best describes you.

	Very Strongly Disagree	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Very Strongly Agree
It is uplifting or energizing for me to express my Creativity strength.							
It is uplifting or energizing for me to express my Curiosity strength.							
It is uplifting or energizing for me to express my Judgment/Critical Thinking strength.							
It is uplifting or energizing for me to express my Love of Learning strength.							
It is uplifting or energizing for me to express my Perspective/Wisdom strength.							
It is uplifting or energizing for me to express my Bravery/Courage strength.							
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It is uplifting or energizing for me to express my Self-Regulation strength.							
It is uplifting or energizing for me to express my Appreciation of Beauty & Excellence strength.							
It is uplifting or energizing for me to express my Gratitude strength.							
It is uplifting or energizing for me to express my Hope strength.							
It is uplifting or energizing for me to express my Humor strength.							

It is uplifting or energizing for me to express my Spirituality.							
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