

Understanding Your Signature Strengths

According to some researchers, the way to obtain greater happiness is to understand and practice your signature strengths. Review the list of strengths below, and rate each strength on the following scale.

0 = This doesn't describe me. **1** = I exhibit this strength occasionally.

2 = I exhibit this strength often. **3** = I exhibit this strength every day.

Wisdom and Knowledge

Signature Strength	What it means	Rate your strengths
Curiosity, Interest in the world	You're open to new experiences and like to take a flexible approach to most things. You don't just tolerate ambiguity; you're intrigued by it. Your curiosity involves a wide-eyed approach to the world and a desire to actively engage in novelty.	
Love of Learning	You love learning new things. You love being an expert and/or being in a position where your knowledge is valued by others.	
Judgement, Critical Thinking, Open Mindedness	It's important to you to think things through and to examine issues from all angles. You don't quickly jump to conclusions but instead, carefully weigh up evidence to make decisions. If the facts suggest you've been wrong in the past, you'll easily change your mind.	
Ingenuity, Originality, Practical Intelligence	You excel in finding new and different ways to approach problems and/or to achieve your goals. You rarely settle for simply doing things the conventional way more often looking to find better and more effective approaches.	
Social and Emotional Intelligence	You have a good understanding of yourself and of others. You are aware of your own moods and how to manage them. You're also very good at judging the moods of others and responding appropriately to their needs.	
Perspective	This strength is a form of wisdom. Others seek you out to draw on your ability to effectively solve problems and gain perspective. You have a way of looking at the world that makes sense and is helpful to yourself and to others.	

Courage

Signature Strength	What it means	Rate your strengths
Valour, Bravery	You're prepared to take on challenges and deal with difficult situations even if unpopular or dangerous. You have the courage to overcome fear as well as ability to take a moral stance under stressful circumstances.	
Perseverance, Diligence, Industry	You finish what you start. You're industrious and prepared to take on difficult projects (and you finish them). You do what you say and sometimes you even do more.	
Integrity, Honesty	You're honest, speaking the truth as well as living your life in a genuine and authentic way. You're down to earth and without pretense.	

Humanity and Love

Signature Strength	What it means	Rate your strengths
Kindness, Generosity	You're kind and generous to others, and never too busy to do a favour. You gain pleasure and joy from doing good deeds for others. In fact, your actions are often guided by other people's best interests. At the core of this particular strength is an acknowledgment of the worth of others.	
Loving, Being Loved	You place a high value on close and intimate relationships with others. More than just loving and caring for others, they feel the same way about you and you allow yourself to be loved.	

Justice

Signature Strength	What it means	Rate your strengths
Citizenship, Loyalty, Teamwork	You're a great team player, excelling as a member of a group. You are loyal and dedicated to your colleagues, always contributing your share and working hard for the good and success of the group.	
Fairness, Equity	You do not allow your own personal feelings to bias your decisions about other people. Instead, you give everyone a fair go and are guided by your larger principles of morality.	
Leadership	You're a good organiser and you're good at making sure things happen. You ensure work is completed by you and also maintain good relationships among group members.	

Temperance

Signature Strength	What it means	Rate your strengths
Self-Control	You can easily keep your desires, needs and impulses in check when necessary or appropriate. As well as knowing what's correct you're able to put this knowledge in to action.	
Discretion, Caution, Prudence	You're a careful person. You look before you leap. You rarely, if ever, say or do things you later regret. You typically wait until all options have been fully considered before embarking on any course of action. You look ahead and deliberate carefully, making sure long-term success takes precedence over shorter-term goals.	
Modesty, Humility	You don't seek or want the spotlight. You're happy for your accomplishments to speak for themselves but you don't ever seek to be the centre of attention. You don't necessarily see yourself as being special and others often comment on, and respect your modesty.	

Transcendence

Signature Strength	What it means	Rate your strengths
Appreciation of beauty and excellence	You're one of those people who stops to smell the roses. You appreciate beauty, excellence and skill.	
Gratitude	You are highly aware of all the good things that happen to you and you never take them for granted. Further, you take time to express your thanks and you appreciate the goodness in others.	
Hope, Optimism	You expect the best for the future and you plan and work to achieve it. Your focus is on the future and on a positive future at that. You know that if you set goals and work hard good things will happen.	
Spirituality, Faith, Sense of purpose	You have strong and coherent beliefs about the higher purpose and meaning of the world. You're also aware of your position in this world and in the larger scheme of things. This awareness shapes your beliefs which shape your daily actions; this is a strong source of comfort to you.	
Forgiveness, Mercy	If you're wronged you can forgive. You allow people a second chance. You're guided more by mercy than revenge.	
Playfulness, Humour	You like to laugh and to make others laugh and smile. You enjoy and are good at play. You easily see the light side of life.	
Passion, Enthusiasm	You're energetic, spirited and passionate. You wake up and look forward to most days. You throw yourself, body and soul, in to all activities you undertake.	

Adapted from the work of Dr. Martin Seligman