

Character Strengths

Our secret superpowers



Character strengths

Character strengths can be thought of as the positive elements of your personality that are represented in your thoughts, feelings and behaviours. Research into human strength and virtue has produced a common language of [twenty-four character strengths](#) that each of us possess in different levels. Knowing and using our top strengths regularly has been proven to contribute to wellbeing.



You can learn more about your character strengths by visiting www.viacharacter.org and taking their free strengths profiler survey to help you **play to your strengths** each day. If you're under 18, make sure you take the youth version.

Signature strengths

Our top five strengths on the VIA survey are known as our **'signature strengths'**. The idea of a signature is that it is unique to the individual. There will be, on average, 1 in 40 000 people in the world who have the same top five strengths, in the same order as you. That makes us all pretty unique, and this is something to be celebrated!

Identifying our own personal character strengths using the VIA survey is a useful exercise in self-awareness. However knowledge of strengths only takes us part the way to building wellbeing. The real benefit of strengths knowledge is being able to put your strengths to use.

Strengths use

By intentionally using our signature strengths, we fulfil a psychological need to feel authentic. In meeting this need, we can drive development of wellbeing. Working towards our goals using our signature strengths combines the building blocks of engagement and accomplishment to further drive wellbeing.

Strengths can also be developed, and our signature strengths can change over time as we interact with our environment. So if you're not happy with your set of signature strengths – identify which ones you think are missing and intentionally use these to help them become part of your superpowers!

