

Bring Your Strengths to Life & Live More Fully

Join the over 13 million people who have taken the only free, scientific survey on character strengths.

[CLICK HERE TO TAKE THE FREE SURVEY](#)
(youth and adult versions available)



Get to Know Your Strengths

The VIA Survey of Character Strengths is a free self-assessment that takes less than 15 minutes and provides a wealth of information to help you understand your best qualities. VIA Reports provide personalized, in-depth analysis of your free results, including actionable tips to apply your strengths to find greater well-being.

Why Do Character Strengths Matter?

Character strengths are the positive parts of your personality that make you feel authentic and engaged. You possess all 24 character strengths in different degrees, giving you a unique character strengths profile. Research shows that understanding and applying your strengths can help:

- Boost Confidence
- Increase Happiness
- Strengthen Relationships
- Manage Problems
- Reduce Stress
- Accomplish Goals
- Build Meaning and Purpose
- Improve Work Performance

Help Others Build Their Strengths

The free VIA Survey is the premier tool in the field of positive psychology that assesses an individual's character strengths. When you know the strengths of your clients, students or employees, you can guide them more effectively and authentically.

ACTIVATE YOUR STRENGTHS

<https://www.viacharacter.org/survey/account/register>