**Introduction**

*Positive Psychology* is a growing aspect of psychology that is changing the study of human behavior. Although it is rooted in the traditions and practices of the science, this new school of thought seeks to promote well-being by helping people identify their inner strengths and ways to use them in order to make life more meaningful. For this course, you are being assigned to complete the *VIA Inventory of Strengths*. Each student is required to gain parent permission to complete the on-line survey. Permission will be noted by guardian signature on this worksheet. After completing the survey (your results will be recorded by the institute for research purposes), record your top five character strengths. You are also advised to print out your identified character strengths. Being able to use these will become a part of your grade in this course.

**Top 5 Character Strengths:** Complete the survey by logging in at <http://viacharacter.org> . This will require you create a login and password. You may find this useful in the future. Record your identified strengths and their meaning:

1.
2.
3.
4.
5.

**Self-Analysis**: Write one paragraph about these character strengths as they are represented in you. When do they serve you best? How do they relate to your best talents? What surprises did this test bring you?

Positive Events Related to My Personal Strengths

**Directions**: Begin by focusing on five personal strengths you possess as identified in the *VIA Character Strengths* survey. Next, identify three recent positive events that have occurred in relation to your strengths.

*MY PERSONAL STRENGTHS*

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |
| 4. |  |
| 5. |  |

*POSITIVE EVENTS*

|  |  |  |
| --- | --- | --- |
| 1. |  |  |
| 2. |  |  |
| 3. |  |  |

Each week identify three positive events/successes in this class that are related to your strengths. Record these positives in your notebook. For each positive event, note *why* it occurred (i.e. related to something you did using your strengths). Use this sheet as the template for this weekly assignment.