



SOMERVILLE HOUSE  
**CHARACTER STRENGTH SURVEY**

(Modified survey from *Authentic Happiness* by Martin Seligman, 2002)

**WISDOM AND KNOWLEDGE**

**1. Curiosity/ Interest in the World:**

a. The statement “I am always curious about the world” is

- |                     |   |
|---------------------|---|
| Very much like me   | 5 |
| Like me             | 4 |
| Neutral             | 3 |
| Unlike me           | 2 |
| Very much unlike me | 1 |

b. The statement “I am easily bored” is

- |                     |   |
|---------------------|---|
| Very much like me   | 1 |
| Like me             | 2 |
| Neutral             | 3 |
| Unlike me           | 4 |
| Very much unlike me | 5 |

Total your score for these two items and write it here. \_\_\_\_\_

**This is your curiosity score.**

**2. Love of Learning**

a. The statement “I am thrilled when I learn something new” is

- |                     |   |
|---------------------|---|
| Very much like me   | 5 |
| Like me             | 4 |
| Neutral             | 3 |
| Unlike me           | 2 |
| Very much unlike me | 1 |

b. “I never go out of my way to visit museums” is

- |                     |   |
|---------------------|---|
| Very much like me   | 1 |
| Like me             | 2 |
| Neutral             | 3 |
| Unlike me           | 4 |
| Very much unlike me | 5 |

Total your score for these two items and write it here. \_\_\_\_\_

**This is your love of learning score.**

### 3. Judgement / Critical Thinking/Open-Mindedness

- a. The statement "When the topic calls for it, I can be a highly rational thinker" is

Very much like me	5
Like me	4
Neutral	3
Unlike me	2
Very much unlike me	1

- b. "I tend to make snap judgements" is

Very much like me	1
Like me	2
Neutral	3
Unlike me	4
Very much unlike me	5

Total your score for these two items and write it here. \_\_\_\_\_

**This is your judgement score.**

### 4. Ingenuity/ Originality/ Practical Intelligence/ Street Smarts

- a. "I like to think of new ways to do things" is

Very much like me	5
Like me	4
Neutral	3
Unlike me	2
Very much unlike me	1

- b. "Most of my friends are more imaginative than I am" is

Very much like me	1
Like me	2
Neutral	3
Unlike me	4
Very much unlike me	5

Total your score for these two items and write it here \_\_\_\_\_

**This is your ingenuity score.**

### 5. Social Intelligence/Personal Intelligence/ Emotional Intelligence

- a. 'No matter what the social situation, I am able to fit in'

Very much like me	5
Like me	4
Neutral	3
Unlike me	2
Very much unlike me	1

- b. "I am not very good at sensing what other people are feeling" is
- |                     |   |
|---------------------|---|
| Very much like me   | 1 |
| Like me             | 2 |
| Neutral             | 3 |
| Unlike me           | 4 |
| Very much unlike me | 5 |

**Total your score for these two items and write it here \_\_\_\_\_**  
**This is your *social intelligence score*.**

## **6. Perspective**

- a. "I am always able to look at things and see the big picture" is
- |                     |   |
|---------------------|---|
| Very much like me   | 5 |
| Like me             | 4 |
| Neutral             | 3 |
| Unlike me           | 2 |
| Very much unlike me | 1 |

- b. "Others rarely come to me for advice" is
- |                     |   |
|---------------------|---|
| Very much like me   | 1 |
| Like me             | 2 |
| Neutral             | 3 |
| Unlike me           | 4 |
| Very much unlike me | 5 |

**Total your score for these two items and write it here \_\_\_\_\_**  
**This is your *perspective score*.**

## **COURAGE**

### **7. Valour and Bravery**

- a. "I have taken frequent stands in the face of strong opposition" is

Very much like me	5
Like me	4
Neutral	3
Unlike me	2
Very much unlike me	1

- b. "Pain and disappointment often get the better of me" is

Very much like me	1
Like me	2
Neutral	3
Unlike me	4
Very much unlike me	5

**Total your score for these two items and write it here \_\_\_\_\_**  
**This is your *valour score*.**

## 8. Perseverance / Industry / Diligence

- a. "I always finish what I start" is
- |                     |   |
|---------------------|---|
| Very much like me   | 5 |
| Like me             | 4 |
| Neutral             | 3 |
| Unlike me           | 2 |
| Very much unlike me | 1 |
- b. "I get side-tracked when I work" is
- |                     |   |
|---------------------|---|
| Very much like me   | 1 |
| Like me             | 2 |
| Neutral             | 3 |
| Unlike me           | 4 |
| Very much unlike me | 5 |

**Total your score for these two items and write it here \_\_\_\_\_**

**This is your *perseverance score*.**

## 9. Integrity/ Genuineness / Honesty

- a. "I always keep my promises" is
- |                     |   |
|---------------------|---|
| Very much like me   | 5 |
| Like me             | 4 |
| Neutral             | 3 |
| Unlike me           | 2 |
| Very much unlike me | 1 |
- b. "My friends never tell me I'm down to earth" is
- |                     |   |
|---------------------|---|
| Very much like me   | 1 |
| Like me             | 2 |
| Neutral             | 3 |
| Unlike me           | 4 |
| Very much unlike me | 5 |

**Total your score for these two items and write it here \_\_\_\_\_**

**This is your *integrity score*.**

## HUMANITY AND LOVE

### 10. Kindness and Generosity

- a. "I have voluntarily helped a neighbour in the last month" is
- |                     |   |
|---------------------|---|
| Very much like me   | 5 |
| Like me             | 4 |
| Neutral             | 3 |
| Unlike me           | 2 |
| Very much unlike me | 1 |

- b. “I am rarely as excited about the good fortune of others as I am about my own” is
- |                     |   |
|---------------------|---|
| Very much like me   | 1 |
| Like me             | 2 |
| Neutral             | 3 |
| Unlike me           | 4 |
| Very much unlike me | 5 |

**Total your score for these two items and write it here \_\_\_\_\_**

**This is your kindness score.**

### **11. Loving and Allowing Oneself to Be Loved**

- a. “There are people in my life who care as much about my feelings and wellbeing as they do about their own” is
- |                     |   |
|---------------------|---|
| Very much like me   | 5 |
| Like me             | 4 |
| Neutral             | 3 |
| Unlike me           | 2 |
| Very much unlike me | 1 |

- b. “I have trouble accepting love for others” is
- |                     |   |
|---------------------|---|
| Very much like me   | 1 |
| Like me             | 2 |
| Neutral             | 3 |
| Unlike me           | 4 |
| Very much unlike me | 5 |

**Total your score for these two items and write it here \_\_\_\_\_**

**This is your loving and being loved score.**

## **JUSTICE**

### **12. Citizenship / Duty / Teamwork / Loyalty**

- a. “I work at my best when I am part of a group” is
- |                     |   |
|---------------------|---|
| Very much like me   | 5 |
| Like me             | 4 |
| Neutral             | 3 |
| Unlike me           | 2 |
| Very much unlike me | 1 |
- b. “I hesitate to sacrifice my self-interest for the benefit of groups I am in” is
- |                     |   |
|---------------------|---|
| Very much like me   | 1 |
| Like me             | 2 |
| Neutral             | 3 |
| Unlike me           | 4 |
| Very much unlike me | 5 |

**Total your score for these two items and write it here \_\_\_\_\_**

**This is your citizenship score.**

### 13. Fairness and Equity

- a. "I treat all people equally, regardless of who they might be" is
- |                     |   |
|---------------------|---|
| Very much like me   | 5 |
| Like me             | 4 |
| Neutral             | 3 |
| Unlike me           | 2 |
| Very much unlike me | 1 |
- b. "If I do not like someone, it is difficult for me to treat him or her fairly" is
- |                     |   |
|---------------------|---|
| Very much like me   | 1 |
| Like me             | 2 |
| Neutral             | 3 |
| Unlike me           | 4 |
| Very much unlike me | 5 |

**Total your score for these two items and write it here \_\_\_\_\_**

**This is your **fairness score**.**

### 14. Leadership

- a. "I can always get people to do things together without nagging them" is
- |                     |   |
|---------------------|---|
| Very much like me   | 5 |
| Like me             | 4 |
| Neutral             | 3 |
| Unlike me           | 2 |
| Very much unlike me | 1 |
- b. "I am not very good at planning group activities" is
- |                     |   |
|---------------------|---|
| Very much like me   | 1 |
| Like me             | 2 |
| Neutral             | 3 |
| Unlike me           | 4 |
| Very much unlike me | 5 |

**Total your score for these two items and write it here \_\_\_\_\_**

**This is your **leadership score**.**

## TEMPERANCE

### 15. Self-control

- a. "I control my emotions" is
- |                     |   |
|---------------------|---|
| Very much like me   | 5 |
| Like me             | 4 |
| Neutral             | 3 |
| Unlike me           | 2 |
| Very much unlike me | 1 |

b. "I can rarely stay on a diet" is

- |                     |   |
|---------------------|---|
| Very much like me   | 1 |
| Like me             | 2 |
| Neutral             | 3 |
| Unlike me           | 4 |
| Very much unlike me | 5 |

**Total your score for these two items and write it here \_\_\_\_\_**

**This is your self-control score.**

### **16. Prudence / Discretion / Caution**

a. "I avoid activities that are physically dangerous" is

- |                     |   |
|---------------------|---|
| Very much like me   | 5 |
| Like me             | 4 |
| Neutral             | 3 |
| Unlike me           | 2 |
| Very much unlike me | 1 |

b. "I sometimes make poor choices in friendships and relationships" is

- |                     |   |
|---------------------|---|
| Very much like me   | 1 |
| Like me             | 2 |
| Neutral             | 3 |
| Unlike me           | 4 |
| Very much unlike me | 5 |

**Total your score for these two items and write it here \_\_\_\_\_**

**This is your prudence score.**

### **17. Humility and Modesty**

a. "I change the subject when people pay me compliments" is

- |                     |   |
|---------------------|---|
| Very much like me   | 5 |
| Like me             | 4 |
| Neutral             | 3 |
| Unlike me           | 2 |
| Very much unlike me | 1 |

b. "I often brag about my accomplishments" is

- |                     |   |
|---------------------|---|
| Very much like me   | 1 |
| Like me             | 2 |
| Neutral             | 3 |
| Unlike me           | 4 |
| Very much unlike me | 5 |

**Total your score for these two items and write it here \_\_\_\_\_**

**This is your humility score.**

## TRANSCENDENCE

### 18. Appreciation of Beauty and Excellence

- a. "In the last month, I have been thrilled by excellence in music, art, drama, film, sport, science, or mathematics" is

Very much like me	5
Like me	4
Neutral	3
Unlike me	2
Very much unlike me	1

- b. "I have not created anything of beauty in the last year" is

Very much like me	1
Like me	2
Neutral	3
Unlike me	4
Very much unlike me	5

**Total your score for these two items and write it here \_\_\_\_\_**

**This is your appreciation of beauty score.**

### 19. Gratitude

- a. "I always say thank you, even for little things" is

Very much like me	5
Like me	4
Neutral	3
Unlike me	2
Very much unlike me	1

- b. "I rarely count my blessings" is

Very much like me	1
Like me	2
Neutral	3
Unlike me	4
Very much unlike me	5

**Total your score for these two items and write it here \_\_\_\_\_**

**This is your gratitude score.**

### 20. Hope / Optimism / Future-Mindedness

- a. "I always look at the bright side" is

Very much like me	5
Like me	4
Neutral	3
Unlike me	2
Very much unlike me	1



b. "I rarely have a well-thought-out plan for what I want to do" is

- |                     |   |
|---------------------|---|
| Very much like me   | 1 |
| Like me             | 2 |
| Neutral             | 3 |
| Unlike me           | 4 |
| Very much unlike me | 5 |

**Total your score for these two items and write it here \_\_\_\_\_**

**This is your **optimism score.****

## **21. Spirituality/ Sense of Purpose/ Faith**

a. "My life has a strong purpose" is

- |                     |   |
|---------------------|---|
| Very much like me   | 5 |
| Like me             | 4 |
| Neutral             | 3 |
| Unlike me           | 2 |
| Very much unlike me | 1 |

b. "I do not have a calling in life" is

- |                     |   |
|---------------------|---|
| Very much like me   | 1 |
| Like me             | 2 |
| Neutral             | 3 |
| Unlike me           | 4 |
| Very much unlike me | 5 |

**Total your score for these two items and write it here \_\_\_\_\_**

**This is your **spirituality score.****

## **22. Forgiveness and Mercy**

a. "I always let bygones be bygones" is

- |                     |   |
|---------------------|---|
| Very much like me   | 5 |
| Like me             | 4 |
| Neutral             | 3 |
| Unlike me           | 2 |
| Very much unlike me | 1 |

b. "I always try to get even" is

- |                     |   |
|---------------------|---|
| Very much like me   | 1 |
| Like me             | 2 |
| Neutral             | 3 |
| Unlike me           | 4 |
| Very much unlike me | 5 |

**Total your score for these two items and write it here \_\_\_\_\_**

**This is your **forgiveness score.****

### 23. Playfulness and Humour

a. "I always mix work and play as much as possible" is

Very much like me	5
Like me	4
Neutral	3
Unlike me	2
Very much unlike me	1

b. "I rarely say funny things" is

Very much like me	1
Like me	2
Neutral	3
Unlike me	4
Very much unlike me	5

**Total your score for these two items and write it here \_\_\_\_\_**

**This is your **humour score**.**

**\*\*\*\*\*Last one coming up – you're almost there now 😊 \*\*\*\*\***

### 24. Zest / Passion / Enthusiasm

a. "I throw myself into everything I do" is

Very much like me	5
Like me	4
Neutral	3
Unlike me	2
Very much unlike me	1

b. "I mope a lot" is

Very much like me	1
Like me	2
Neutral	3
Unlike me	4
Very much unlike me	5

**Total your score for these two items and write it here \_\_\_\_\_**

**This is your **zest score**.**

## SUMMARY

At this point you will have added up your scores. Write your score for each of the twenty-four character strengths in the spaces below, and then rank them from highest to lowest.

### WISDOM AND KNOWLEDGE

1. Curiosity \_\_\_\_\_
2. Love of learning \_\_\_\_\_
3. Judgement \_\_\_\_\_
4. Ingenuity \_\_\_\_\_
5. Social Intelligence \_\_\_\_\_
6. Perspective \_\_\_\_\_

### COURAGE

7. Valour \_\_\_\_\_
8. Perseverance \_\_\_\_\_
9. Integrity \_\_\_\_\_

### HUMANITY AND KINDNESS

10. Kindness \_\_\_\_\_
11. Loving \_\_\_\_\_

### JUSTICE

12. Citizenship \_\_\_\_\_
13. Fairness \_\_\_\_\_
14. Leadership \_\_\_\_\_

### TEMPERANCE

15. Self-control \_\_\_\_\_
16. Prudence \_\_\_\_\_
17. Humility \_\_\_\_\_

### TRANSCENDENCE

18. Appreciation of Beauty \_\_\_\_\_
19. Gratitude \_\_\_\_\_
20. Hope \_\_\_\_\_
21. Spirituality \_\_\_\_\_
22. Forgiveness \_\_\_\_\_
23. Humour \_\_\_\_\_
24. Zest \_\_\_\_\_

Typically you will have five or fewer scores of 9 or 10, and these are your highest strengths – at least as you self-reported on them. Circle them.

You will also have several low scores in the 4 to 6 range (or lower) and these are your weaknesses.