**VIA Character Strengths Exploration Activity**

After completing the free [VIA Character Strengths Survey](https://www.viacharacter.org/survey/account/register), complete the following thought exercises to explore your character strengths and how you can harness your strengths as you face life obstacles and challenges.

1. **What were your top three strengths?**
2. **Why do you think these three strengths are your top strengths?**
3. **Which strengths seem to come naturally to you? Explain why.**
4. **What strengths could help you to overcome a challenge or barrier? Explain.**
5. **Provide an example of when you’ve used one of your top three strengths to handle a past challenge. How do you think using this strength impacted your ability to handle this challenge? Brainstorm three ways one of your top character strengths can help you handle new challenges and barriers in the future.**
6. **What strengths do you want to improve? Explain why.**