

Jeff's Top Ten Strengths

(as assessed by the VIA Signature Strengths survey at www.authentic happiness.org)

- 1. Spirituality [Sense of Purpose, Faith] - Signature Strength**
Having coherent beliefs about the higher purpose and meaning of the universe; knowing where one fits within the larger scheme; having beliefs about the meaning of life that shape conduct and provide comfort.
- 2. Love - Signature Strength**
The capacity to love and be loved; valuing close relations with others, in particular those in which sharing and caring are reciprocated; being close to people.
- 3. Creativity [Originality, Ingenuity] - Signature Strength**
Thinking of novel and productive ways to do things; never content with doing something the conventional way if a better way is possible; includes artistic achievement but is not limited to it.
- 4. Integrity [Authenticity, Honesty] - Signature Strength**
Speaking the truth but more broadly presenting oneself in a genuine way; being down to earth and without pretense; taking responsibility for one's feelings and actions.
- 5. Humor [Playfulness] - Signature Strength**
Liking to laugh and tease; bringing smiles to other people; seeing the light side; making (not necessarily telling) jokes.
- 6. Gratitude**
Being aware of and thankful for the good things that happen and never taking them for granted; taking time to express gratitude and thanks.
- 7. Hope [Optimism, Future-Mindedness, Future Orientation]**
Expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about.
- 8. Perspective [Wisdom]**
Being able to provide wise counsel to others; having ways of looking at the world that make sense to oneself and to other people; others value this perspective on matters and seek it out.
- 9. Vitality [Zest, Enthusiasm, Vigor, Energy]**
Approaching life with excitement and energy; *not* doing things halfway or halfheartedly; living life as an adventure; feeling alive and activated.
- 10. Citizenship [Social Responsibility, Loyalty, Teamwork]**
Working well as a member of a group or team; being loyal and dedicated to the group; doing one's share and working hard for the success of the group.