



The Way of the Donkey

Character Strengths Inventory

Think about who you are as a person. Indicate whether each Strength is mostly like you, sometimes like you, or not often like you. Realize that people have different strengths and that you can choose to build new strengths throughout your life.

Strength	Description	Mostly Like Me	Sometimes Like Me	Not Often Like Me
Creativity	I like to think of new and better ways of doing things.			
Curiosity	I am always asking questions and love to discover new things.			
Judgment	I look at all sides of an issue to come up with the right answer.			
Love of learning	I love to learn new things.			
Wisdom	I am considered wise because I evaluate things from different perspectives.			
Bravery	I speak up for what is right, even if others do not agree with me.			
Perseverance	I finish what I start, even if it becomes difficult.			
Honesty	I speak the truth and I take responsibility for my feelings and behaviors.			
Zest	I live life as an adventure filled with excitement and energy.			
Love	I value the close relationships I have with others.			
Kindness	I enjoy helping others, even if I do not know them well.			
Social intelligence	I pay attention to the motives and feelings of others.			
Teamwork	I always do my share and I work hard for the success of my group.			
Fairness	I treat all people in a fair and just manner.			

Strength	Description	Mostly Like Me	Sometimes Like Me	Not Often Like Me
Leadership	I am good at providing leadership and direction when I am with a group of people.			
Forgiveness	I am willing to forgive someone who has done something wrong.			
Humility	I am humble and let my actions speak more than my words.			
Prudence	I am careful about what I do and strive not to do things I might later regret.			
Self-control	I pay attention and am always in control of what I do and say.			
A appreciation of beauty and excellence	I appreciate the beautiful and wonderful things in life.			
Gratitude	I pay attention to the good things that happen to me and express my thanks.			
Hope	I believe that good things are coming to me now.			
Humor	I like to laugh, smile, and see the good in all situations.			
Spirituality				

Looking over this list, what do you think are your five most important strengths?

Looking over this list, what are the strengths you would most like to develop?

These Character Strengths were first included in Peterson, C., & Seligman, M. (2004). *Character strengths and virtues: A handbook and classification*. Oxford: Oxford University Press. This inventory of strengths was developed based on material from the VIA Institute on Character. A more comprehensive survey of personal strengths is available on their web site. © Copyright 2004-2014, VIA Institute on Character. Used with permission. All rights reserved. <http://www.viacharacter.org>