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
      
      Total your score for these two items and write it here _______
      This is your perspective score.

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
      
      Total your score for these two items and write it here _______
      This is your valour score.

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.

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.