

NTRS 3150

Journal Prompt #4

For this week's journal activity, you will be taking the Virtues-In-Action (VIA) Survey of Character Strengths. This survey is one of my favorite scientific tools to enhance self-awareness. I offer this questionnaire to my clients as a way for them to better understand their unique character strengths. In less than 20 minutes, you can identify your core values so that you can put them in action more consistently in your day-to-day lives. Marty Seligman, the founding father of the positive psychology movement, recommends finding ways to use these values more often in your work, play and family activities to create a life of meaning and a sense of flourishing.

You will be given a list of your top strengths after taking the questionnaire. Be sure to write them down as you will be exploring them more in depth in your first "experiment."

As an example, here are my top five signature strengths. When I need to be reminded of what's important to me and how I best plug into the world, I review my list.

- 1.) Zest, enthusiasm, and energy
- 2.) Love of learning
- 3.) Spirituality, sense of purpose and faith
- 4.) Hope, optimism, future mindfulness
- 5.) Curiosity and interest in the world

TO TAKE THE SURVEY:

Below is the link to the VIA Institute of Character, the non-profit that manages the survey.

<http://www.viacharacter.org/www/Character-Strengths-Survey>

You are only expected to take the free survey. No need to pay for additional reports, unless you want to. Have fun! And remember, there are no right or wrong answers.

Questions for Exploring:

Use the prompts below to guide this week's exploring and experimenting. Two to three handwritten pages are required in your journals.

1. List your top 5 signature strengths. Are you surprised by your strengths? Why or why not?
2. How can you tap into your strengths this week...in school, work, and play?
3. How could you use your signature strengths as a registered dietitian?
4. How would you like to continue developing your strengths?

I'm off to be zesty. Enjoy this illuminating resource. :-)