MBSP Handout 5.3

Session 5:

Character Strengths 360 Tracking Grid

Name of Person:												
Domain (Work, Home, School, Social):												
VIA Character Strengths (spotted)											***Total:***	***Your VIA Survey Results***
1	Creativity											
2	Curiosity											
3	Judgment											
4	Love of Learning											
5	Perspective											
6	Bravery											
7	Perseverance											
8	Honesty											
9	Zest											
10	Love											
11	Kindness											
12	Social Intelligence											
13	Teamwork											
14	Fairness											
15	Leadership											
16	Forgiveness											
17	Humility											
18	Prudence											
19	Self-Regulation											
20	Appreciation of Beauty & Excellence											
21	Gratitude											
22	Hope											
23	Humor											
24	Spirituality											

Strong Signature Strengths (noted by self and others)				**Possible Blind Spots** (noted by others only)				**Potential Opportunities** (noted by self only)			
1		3		1		3		1		3	
2		4		2		4		2		4	

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