



LET YOUR LIGHT SHINE

List your 5 Signature Strengths below and then answer the reflection questions.

1.
2.
3.
4.
5.

Signature Strengths Practice:

What did you learn about yourself by taking the VIA?

What surprised you most about your VIA results?

How do these Signature Strengths enable you to succeed at school/work?

How do these Signature Strengths show up in your personal life/relationships?

