

# **USING YOUR STRENGTHS TO PIVOT TO A NEW CAREER**

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## **WORKSHEET**

This worksheet requires that you complete the FREE 5-minute VIA Strengths Survey  
Assessment: <https://www.viacharacter.org/survey/account/register>

1) Place your top 5 Character Strengths here:

1

2

3

4

5

2) Describe your Peak Moment:

3) How much were you using each Character Strength in your Peak Moment? (from 0-10)

1

2

3

4

5

4) What are the things you did to achieve your Peak Moment?

1

2

3

4

5

5) Place your Agenda here:

6) How much are you using each Character Strength towards your Agenda? (from 0-10)

1	2	3	4	5
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7) How can you use each Character Strength to help achieve your Agenda?

1	2	3	4	5
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8) What are the Actions you will do to get you closer to your Agenda? (What, How, When)

1	2	3	4	5
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