



VIA Me!  
Pathways Report for  
Patrick Gaveau

# DISCOVER YOUR BEST SELF

- Why Signature Strengths Matter
- New ways to Flex your Strengths!
- Balancing and Boosting Middle and Lesser Strengths

# Intro

This VIA-Me Pathways Report will help you get in closer touch with all of your character strengths. You will learn more about your **positive qualities** and **gain tools** that will help you put your strengths to work in your life.

## Character strengths can help you:

- Increase your happiness at home and work.
- Improve your relationships.
- Discover balance with your health.
- Increase your performance at work and school.
- Achieve your life goals.

Many people in today's world focus almost entirely on what's wrong with them – their problems, their struggles, and their stressors – and often lose sight of what is good and strong in them. But, there's much more to life than problems. This VIA-Me Pathways Report is a way for you to take a **strengths-based approach** in life, and will help you shift your focus from what's wrong to **what's strong**.

## A strengths-based approach:

- Is honest (acknowledges problems, but doesn't get lost in them)
- Is positive (focuses on what is best and good)
- Is empowering (encourages and advances the individual)
- Is energizing (uplifts and fuels the person)
- Is connecting (brings the person closer to others, aiding in mutual connection)

You will learn that you have many character strengths, some more naturally-occurring in you than others. As you go through these pages, it is important to remember that you have the **capacity to express and develop** all of the 24 strengths discussed in this report. In a nutshell, all strengths are important – **they all matter** – some are more relevant at certain times than others.

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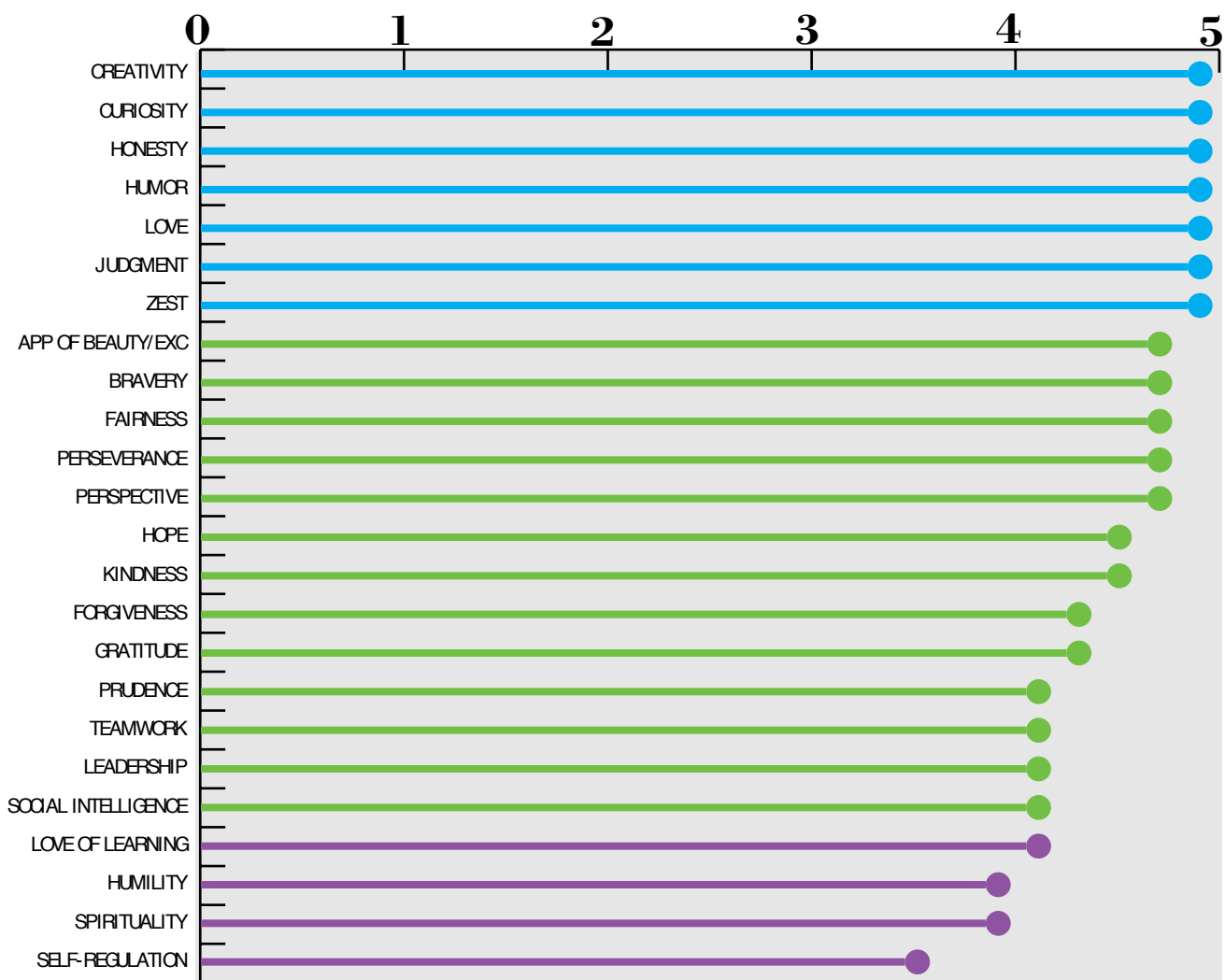
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## Explore Your Lower Strengths

# Patrick Gaveau Character Strengths Profile



This graph shows all of your 24 character strengths in rank-order. Remember that all 24 of these strengths are important. You have varying degrees of all of these character strengths and the capacity to express each one.



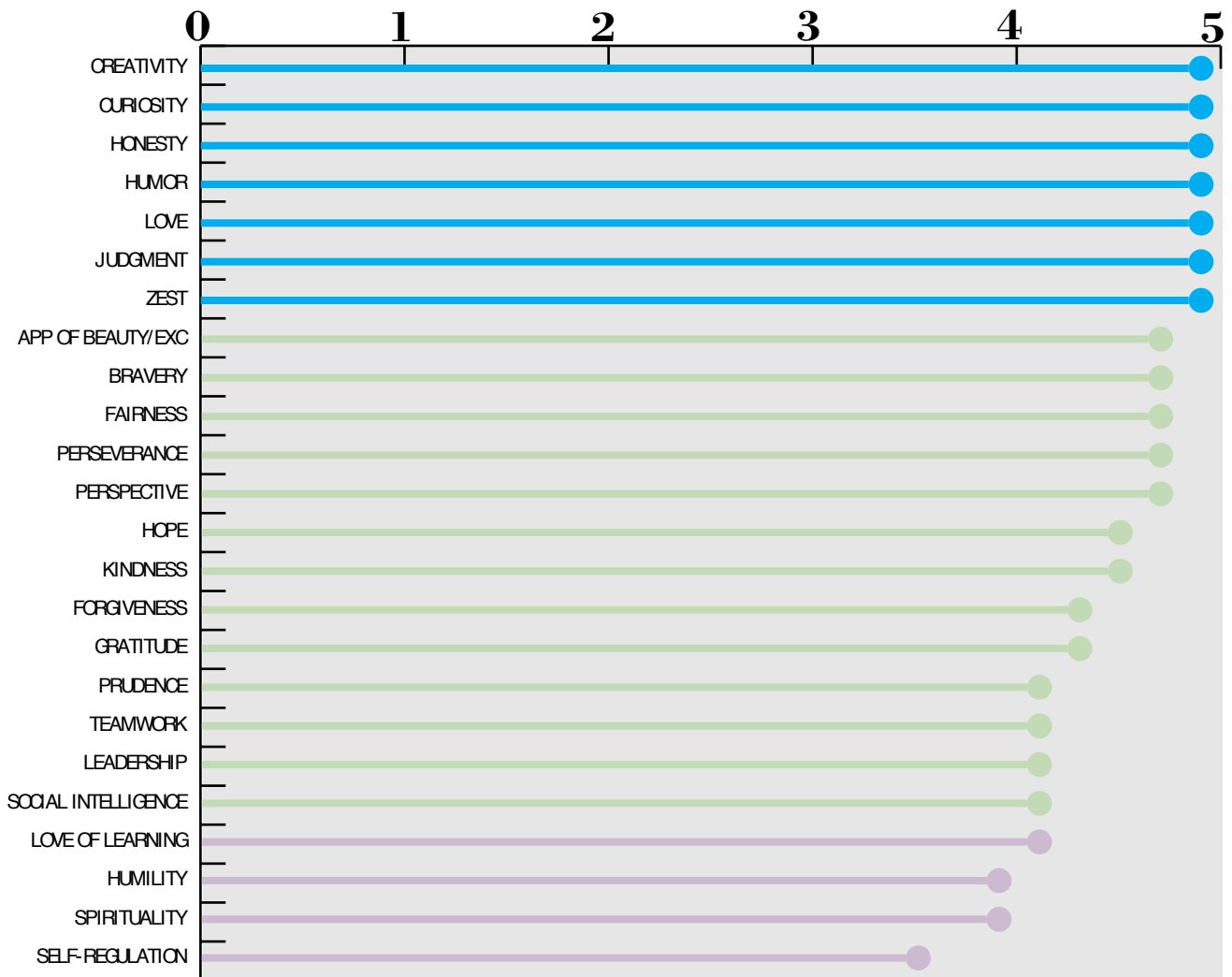


# Your Signature Strengths

Your signature strengths are those strengths that best describe the positive aspects of who you are. These strengths are strong capacities in you and they are probably engaging, energizing, and comfortable for you to use. Your family and friends would immediately agree these are important strengths that you have. Finding ways to use and express these strengths is likely to bring you many benefits, and can help you create your best life.

In the pages that follow you will see a detailed description of each of your signature strengths as well as other important and useful information about the strength and how to apply it in your life. As you read through the details of your signature strengths, consider two points:

- ➊ How has the signature strength played a role in your life successes?
- ➋ What effect does using your signature strengths have on others?



## 1 Creativity

### About your strength of Creativity

One of your signature strengths is creativity, which is also viewed as originality and ingenuity. You are an original thinker. You think of new and different ways to solve everyday problems. People say you have a good imagination. You may or may not be artistic, but you are certainly creative in your approach to life and when you are given a task to create something (e.g., a new program, a new design, a new way of organizing something). When people come to you with a problem, it is often your creativity strength that helps you provide a good solution or approach.

When you are truly doing something or saying something that is creative, there are at least two elements involved: originality of the idea or the product and adaptability in that it is practical or useful in life. Creativity is one of your wisdom strengths because it helps you to work with, build, and apply your knowledge for the benefit of others and yourself.

### Words of *Wisdom* and *Inspiration*

*The point of creativity is to express and challenge yourself, to make meaning, to embrace your life.*  
-Peggy Orenstein

*The creative is the place where no one else has ever been. You have to leave the city of your comfort and go into the wilderness of your intuition. What you'll discover will be wonderful. What you'll discover is yourself.*  
-Alan Alda

*I teach my sighs to lengthen into songs.*  
-Theodore Roethke

*Imagination is the beginning of creation. You imagine what you desire, you will what you imagine, and at last you create what you will.*  
-George Bernard Shaw

### HOW OTHERS SEE YOU

*People might describe you as:*



*Did you  
know?*

There are many ways to boost creativity, such as engaging in problem-solving activities, reading or writing poetry, journaling, and participating in cultural/art programs.

## 1 Creativity

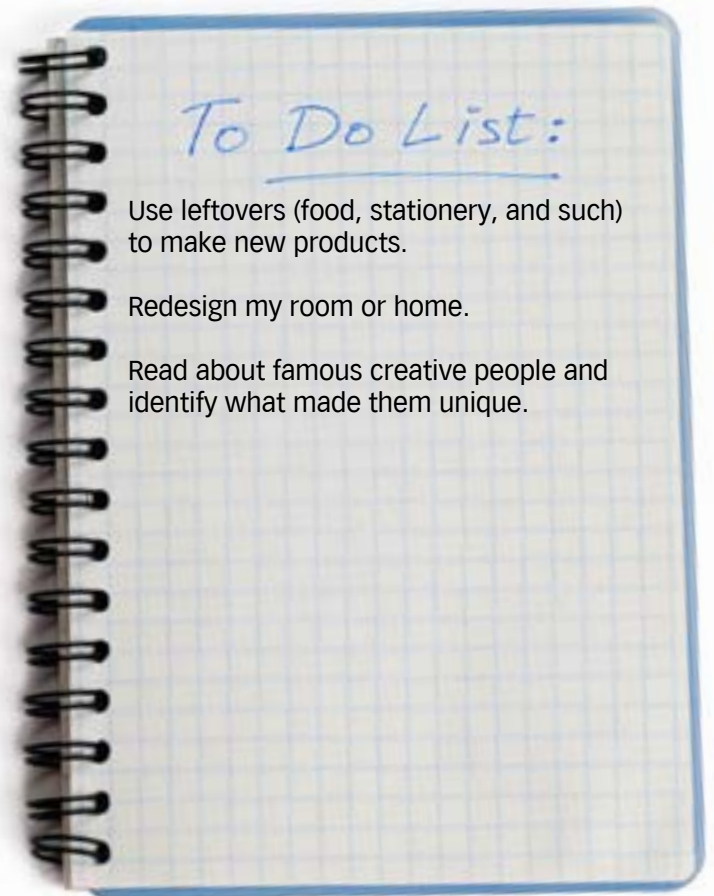
### Why does it matter?

Your creativity helps you to be open to new experiences, to discover new opportunities, and to take risks. This helps drive your interest in activities and generate ideas that others find interesting.

If you are like many creative people, your self-confidence and strong self-knowledge help you to be comfortable in a variety of situations and to adapt to challenges that come up, whether they be internal challenges (e.g., depression) or external stressors.

When you are in a leadership role, your creativity helps you to inspire and motivate your followers and even to help them become leaders themselves.

### Flex your Strength



### Words of *Wisdom* and *Inspiration*

*The creation is not a study, a roughed-in sketch; it is supremely, meticulously created, created abundantly, extravagantly, and in fine....Even on the perfectly ordinary and clearly visible level, creation carries on with an intricacy unfathomable and apparently uncalled for.*  
-Annie Dillard

### Consider This

Creativity is a strength often discussed in the domains of one's work and hobbies, but it can be applied to any life domain. How have you used your creativity in your close relationships?

## 2 Curiosity

### About your strength of Curiosity

Your high strength of curiosity includes interest, novelty seeking, and openness to experiences. You take an active interest in ongoing life experiences and find new subjects and topics fascinating. Curiosity is a strength of wisdom in that as you explore the world, you build additional knowledge. For you, anything can be explored further, and there are always new people, places, situations, and ideas to discover.

When you're at your best with this strength, your mind is on fire with wonderment: You are actively seeking information and asking questions that satisfy your curiosity while exercising good judgment in not going too far with your questioning/searching so as to cause discomfort in others. People generally like having you around because you can readily put the attention on them and stimulate their interest.

### Words of *Wisdom* and *Inspiration*

Only the curious will learn and only the resolute overcome the obstacles to learning. The quest quotient has always excited me more than the intelligence quotient.

-Eugene S. Wilson

Life is an unanswered question, but let's still believe in the dignity and importance of that question.

-Tennessee Williams

May you experience each day as a sacred gift woven around the heart of wonder.

-John O'Donohue

Nature teaches more than she preaches. There are no sermons in stones.

-John Burroughs

### HOW OTHERS SEE YOU

People might describe you as:



*Did you  
know?*

Curiosity can be improved by taking an "active curiosity," namely, deliberate action to explore your environment, ask lots of questions, and constantly make new mini discoveries.

## 2 Curiosity

### Why does it matter?

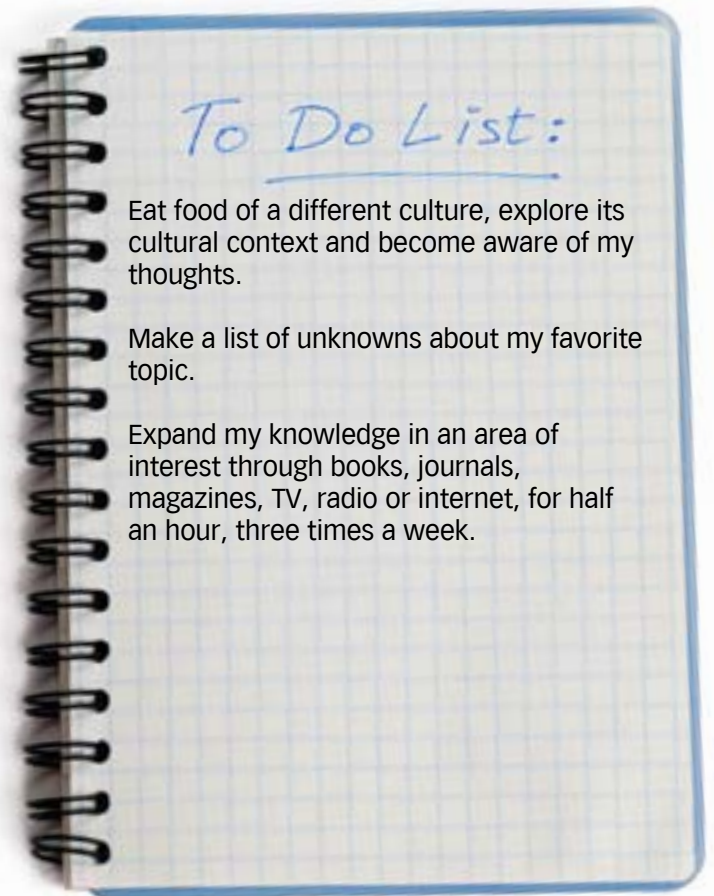
Your curiosity brings you a number of benefits. It contributes to your happiness, health (living longer), intelligence, and positive social relationships. It is likely you are able to readily find pleasure in life, as well as engage and connect with your work and in your relationships. This benefit of engaging more in various areas of your life may contribute to your level of happiness at work and in your relationships. Curiosity helps you seek and find greater meaning in your life, and you are likely to be a good listener, which is a cornerstone of positive relationships.

Since you look to explore and discover, you are more attracted to activities that offer opportunities for growth, competence, and a higher level of stimulation. Thus, you are likely to report having personal goals aimed at improving yourself.

### Words of *Wisdom* and *Inspiration*

*The important thing is not to stop questioning. Curiosity has its own reason for existing. One cannot help but be in awe when he contemplates the mysteries of eternity, of life, of the marvelous structure of reality. It is enough if one tries merely to comprehend a little of this mystery every day. Never lose a holy curiosity.*  
-Albert Einstein

### Flex your Strength



### Consider This

Curiosity has been found to be a part of positive, healthy relationships. How might you use your curiosity strength to better nurture and develop one of the relationships in your life?



## 3 Honesty

### About your strength of Honesty

One of your signature strengths is honesty, also referred to as integrity or authenticity. You present yourself in a genuine way and act sincerely. People see you as real: What you see is what you get. You stick to what you value and what you believe to be true. You are truthful, and you keep your promises and commitments.

Honesty is a strength of courage because it is not always easy to speak the truth and tell people what you think, as well as to take responsibility for your feelings and actions. To this end, you own your feelings and behaviors. Many times it is a challenge to call forth what is best in us, our signature strengths, and your strength of honesty helps you to do so. It helps you to be authentic and align your deepest values with your actions. Oftentimes your honesty shows up best in situations in which there is both an easy way and a hard way of handling something. You are genuine in your interactions with others, and that builds trusting relationships.

### Words of *Wisdom* and *Inspiration*

Find what you love to do. Find your passion. Know what makes you want to get up in the morning; that's all you need.  
-Condoleezza Rice

Acceptance is the universal currency of real friendship. . . . It does not warp or shape or wrench a person to be anything other than what they are.  
-Joan Chittister

We know truth, not only by reason but also by the heart.  
-Blaise Pascal

### HOW OTHERS SEE YOU

People might describe you as:



*Did you know?*

Humans are very clever at finding ways to avoid the truth, such as making excuses, minimizing their behavior, not taking responsibility, and condemning authority. All of these are approaches that impact our level of honesty and authenticity.

## 3 Honesty

### Why does it matter?

The immediate benefit of honesty for you includes the accompanying feelings of being authentic, real, and a person of integrity. You are typically viewed as a trustworthy person by others, which bodes well for creating and maintaining healthy, positive relationships. This includes the development of creating effective relationships in the workplace.

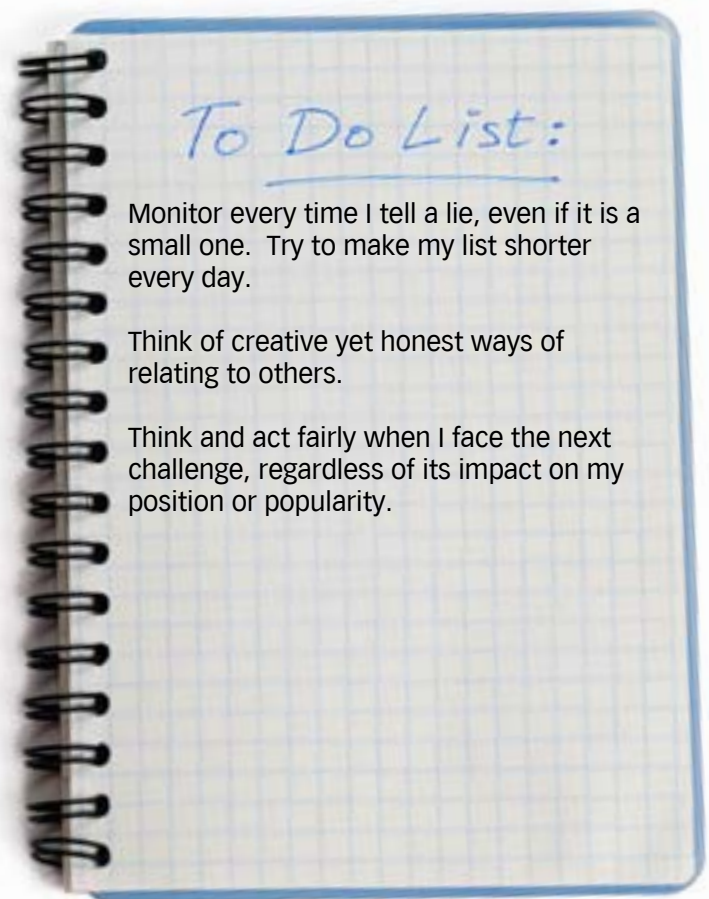
Another benefit is that you set goals that are consistent with your values and who you are, and you are likely to reach these goals. This then contributes to a sense of satisfaction and well-being, and a positive, upward spiral of growth and positive change occurs for you.

### Words of *Wisdom* and *Inspiration*

*Improving one's lot in life is a sign of health and growth. But we've got to be careful about always demanding some nonexistent perfection and learn instead to appreciate, to enhance what is in hand.*

-Henry Miller

### Flex your Strength



### Consider This

Honesty is a strength that is often discussed in the context of relationships, for example, being honest with a loved one. It is important to also apply this strength inwardly. How honest are you with yourself?



# Your Signature Strengths

## 4 Humor

### About your strength of Humor

One of your highest strengths is humor, which includes being playful. You enjoy bringing smiles to others' faces. You like to laugh and make others laugh, and are often fun to be around. You are able to bring a lighter side to gloomy situations. Your humor can help to make the intolerable more bearable and the ordinary more lively. It can be a welcome relief to those who are suffering and can put others at ease in stressful situations.

When you use humor, you may be tapping into your insight and perspective on people and the human experience. Sometimes your humor may even teach others important life lessons such as to not always take life so seriously and that most things in life have contradictions and inconsistencies. When you're at your best, you form strong connections and positive relationships using your humor with sensitivity, mindful of the positive or negative impact it can have on others.

### Words of Wisdom and Inspiration

*Laughter is the sun that drives winter from the human face.*

-Victor Hugo

*A person without a sense of humor is like a wagon without springs. It's jolted by every pebble on the road.*

-Henry Ward Beecher

*A joke is a very serious thing.*

-Winston Churchill

*Like a welcome summer rain, humor may suddenly cleanse and cool the earth, the air and you.*

-Langston Hughes

### HOW OTHERS SEE YOU

*People might describe you as:*



*Did you know?*

Humor is one of the character strengths most associated with the type of happiness related to experiencing pleasure.

## 4 Humor

### Why does it matter?

Your strength of humor helps you experience pleasure in life, which contributes to your overall happiness. Your humor helps to buffer you from life stress and the hassles of daily life. It is possible that your humor brings you physical and psychological health benefits through a boost to your immune system and positive physiological changes in several of your body's systems.

Your humor, being linked with extraversion, helps you to be comfortable in social situations and creates many opportunities for connections with others.

### Flex your Strength



### Words of Wisdom and Inspiration

*The main thing in one's own private world is to try to laugh as much as you cry.*

*-Maya Angelou*

*This I conceive to be the chemical function of humor: to change the character of our thought.*

*-Lin Yutang*

### Consider This

The strength of humor can be used to bring cheer to a friend who is suffering, to connect with colleagues at work, or to lighten the mood in a tense situation. How have you brought forth your humor strength in a purposeful way?



# ➔ | Your Signature Strengths

## 5 Love

### About your strength of Love

One of your signature strengths is love, which importantly is understood as both loving others and receiving love, not one or the other. Being close to other people and caring deeply about them are natural to you and are things that you value. You put someone else's needs equal to or above your own, and you take pleasure from that. There are people in your life who also care deeply about your feelings and well-being. You can easily express warmth and caring for the people in your life who matter most to you, and you likely are a compassionate listener.

Love is a strength involving your interpersonal relationships and your capacity to befriend and tend to others. You have probably noticed that you are strong in loving many people, such as a spouse or relationship partner (romantic love), a parent or child (attachment love), and friends (companionate love).

### Words of *Wisdom* and *Inspiration*

*You will never be commonplace if you are vigilant in love.*

*-Bl. Elizabeth of the Trinity*

*One of the sanest, surest, and most generous joys of life comes from being happy over the good fortune of others.*

*-Archibald Rutledge*

*Love makes labour light. Love alone gives value to all things.*

*-St. Teresa of Avila*

### HOW OTHERS SEE YOU

*People might describe you as:*



*Did you know?*

There is a particular type of meditation you can practice to cultivate love called lovingkindness meditation.

## 5 Love

### Why does it matter?

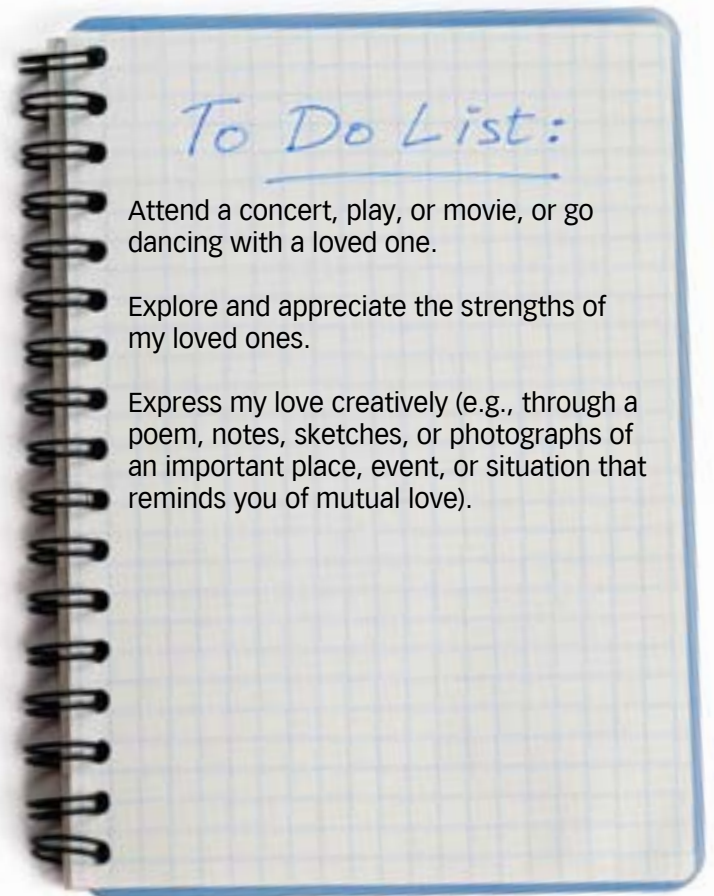
One potential benefit of your capacity to love and to be loved is the strong link between love and happiness. Other benefits include your use of healthy communication patterns, such as those that involve compromise and good conflict management. When someone shares good news with you, it is likely you ask exploratory questions about the event or the person's experience and show a genuine enthusiasm and energy toward the experience; this approach pays well-being and relationship dividends to you and the other person.

You are communal in your approach with others in that you listen, express vulnerabilities, and trust others. For example, at work, you likely make an effort to understand who you're working with, reflect back what's important to that person (validation), and share this in a caring manner. You are more likely to have high self-esteem, experience less depression, and develop good supportive relationships. These good relationships, in turn, bring benefit to your physical and psychological health.

### Words of *Wisdom* and *Inspiration*

Those who love you are not fooled by mistakes you have made or dark images you hold about yourself. They remember your beauty when you feel ugly; your wholeness when you are broken; your innocence when you feel guilty; and your purpose when you are confused.  
-African saying

### Flex your Strength



### Consider This

Love is characterized by sharing a sense of warmth and genuineness to others. Do you express such warmth and genuineness at work and in your social life?

## 6 Judgment

### About your strength of Judgment

One of your signature strengths is judgment, often referred to as open-mindedness or critical thinking. You weigh information thoroughly. You consider all possibilities and examine things from all sides. You make sure you have all the facts before making your decisions.

Judgment is a strength that helps you build knowledge about a particular topic, issue, or point of view. When you are using this strength, you are looking at things from all angles. You are thinking through problems and challenges that come up, and you are not quick to jump to conclusions. When you are at your best with this strength, you show the ability to weigh issues fairly and to change your mind in the light of new evidence.

### Words of *Wisdom* and *Inspiration*

*Not knowing when the dawn will come, I open every door.*

*-Emily Dickinson*

*All attack is a call for help. When you know this, you begin at once to look deeply into the question of what kind of help is being called for.*

*-Neale Donald Walsch*

*After an orange cloud — formed as a result of a dust storm over the Sahara and caught up by air currents — reached the Philippines and settled there with rain, I understood that we are all sailing in the same boat.*

*-Vladimir Kovalyonok (Astronaut)*

*It is a bad plan that admits of no modification.*

*-Publilius Syrus*

### HOW OTHERS SEE YOU

*People might describe you as:*



*Did you  
know?*

People are nearly twice as likely to seek information that supports their attitudes, beliefs, and behaviors, rather than contradictory information that would support their judgment strength.

## 6 Judgment

### Why does it matter?

Because you are open-minded and less likely to be biased in your decision making, you are more likely to make accurate decisions and make decisions that you do not regret. The reason for this is you evaluate all sides of an issue equally whereas close-minded people favor the views of authority figures, popular convention, or currently held viewpoints.

Your strength of judgment helps you counteract faulty thinking. If you find yourself getting caught in negative thinking traps, you have the benefit of calling upon your judgment strength to find the balance in the situation. Others look to you for a balanced viewpoint, making you a good friend and confidante. You are likely to be a good listener, a characteristic that helps you form meaningful relationships.

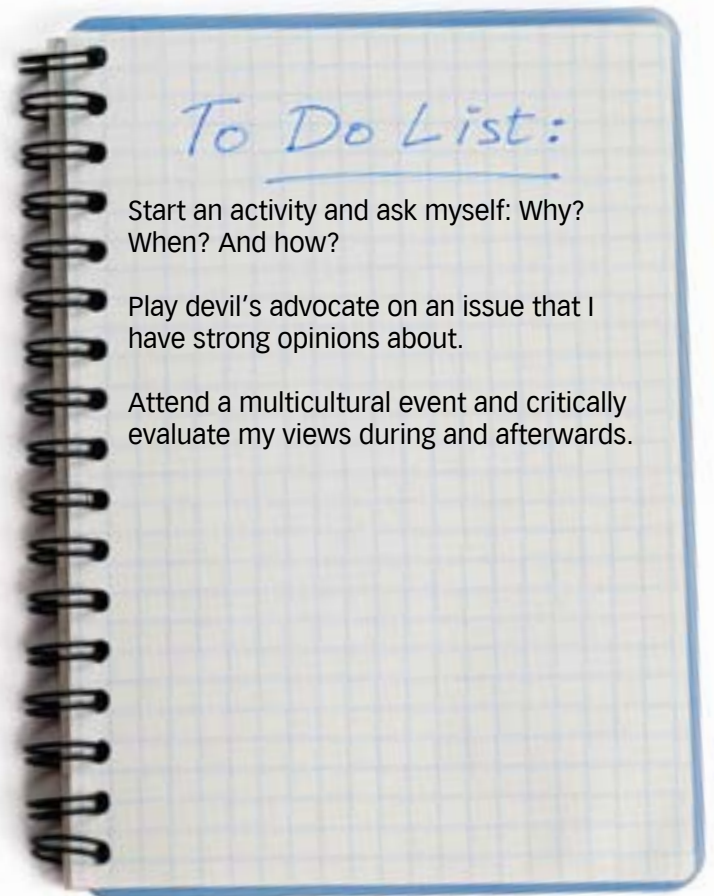
Judgment relates to the search for meaning in life. This helps you as you develop that pathway to happiness that deals with uncovering a sense of what brings you deeper meaning and purpose in your life.

### Words of *Wisdom* and *Inspiration*

*To see a world in a grain of sand, and heaven in a wildflower, hold infinity in the palm of your hand and eternity in an hour.*

-William Blake

### Flex your Strength



### Consider This

Judgment is a strength that helps you see situations from many angles. How might you use this strength in your relationships in a way that helps nurture and develop them?



# ➔ | Your Signature Strengths

## 7 Zest

### About your strength of Zest

Your high strength of zest indicates that you approach life with excitement and energy, and you cannot wait to get each day started. You fully participate in life and do not view it from the sidelines. Your enthusiasm is contagious, which leads people to want to be around you. It takes courage to live life as an adventure, and never halfway or halfheartedly.

Generally, your zest draws other people to you, providing you opportunities for developing fun and meaningful relationships. You are at your best when your enthusiasm for living is having a contagious impact on others and you are both participating fully and keeping mindful to not overwhelm others with your energy. Zest is strongly connected to happiness, to living a life of pleasure, to feeling connected with what you are doing, and to deriving meaning and purpose in your life.

### Words of *Wisdom* and *Inspiration*

Nothing great was ever achieved without enthusiasm.

-Ralph Waldo Emerson

It is in the compelling zest of high adventure and of victory, and in creative action, that man finds his supreme joys.

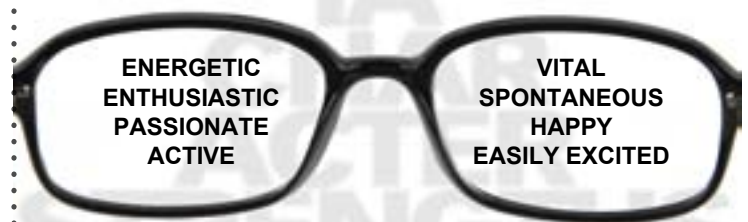
-Antoine de Saint-Exupery

Whenever you are asked if you can do a job, tell 'em, "Certainly I can!" Then get busy and find out how to do it.

-Theodore Roosevelt

### HOW OTHERS SEE YOU

People might describe you as:



*Did you  
know?*

One of the best ways to determine whether your current work is a life "calling" (meaningful, fulfilling, and socially useful) is to check whether your level of zest and enthusiasm for your work is high.

# Your Signature Strengths

## 7 Zest

### Why does it matter?

One powerful benefit of zest is that you are likely to view your current work as a “calling” in your life, in that your work is deeply fulfilling, meaningful, and useful. Your zest connects closely with your level of activity and your physical health. It is also linked with having a sense of hope and optimism. Because of your zest, you are more likely to be an activist, performing some kind of volunteer work in an area that you are passionate about.

It is very likely that you often experience positive moods. Your zest is strongly connected with a sense of happiness, well-being, and all of the pathways therein, such as the pathway of experiencing the pleasures of life, the pathway of engaging in your work and using your strengths, and the pathway of meaning and purpose. Your zest helps you to make the most of these pathways to happiness. And your zest draws other people to you, providing you opportunities for developing fun and meaningful relationships.

### Words of *Wisdom* and *Inspiration*

*To be alive in this beautiful, self-organizing universe—to participate in the dance of life with senses to perceive it, lungs that breathe it, organs that draw nourishment from it—is a wonder beyond words.*

—Joanna Macy

### Flex your Strength

#### To Do List:

Call old friend and reminisce good old times.

Do a physically rigorous activity (bike riding, running, sports singing, playing) that I have always wanted to do but have not done yet.

Improve my sleep hygiene by establishing regular sleep time, eating 3-4 hours before sleeping, avoiding doing any work in bed, not taking caffeine late in the evening, etc. Notice changes in my energy level.

### Consider This

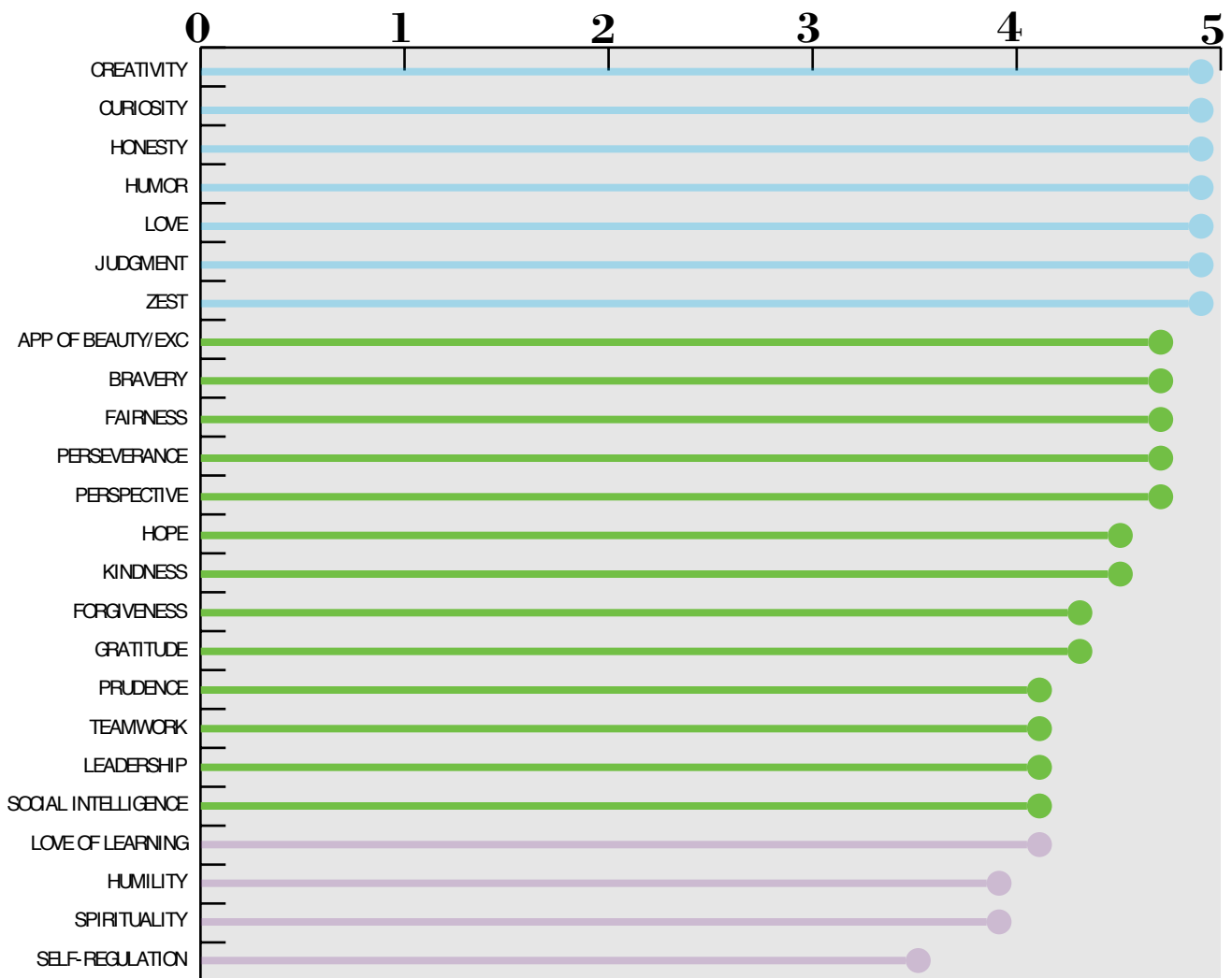
Zest is a character strength that is strongly linked with happiness. Do you find that you are most happy when you are expressing energy and enthusiasm?



# Your Middle Strengths

Your middle strengths are an important part of who you are. While these are not your highest, or signature strengths, they still are likely to be ones that you express in your life. However, it may be that they are strengths that you express mostly in one life domain (e.g., work) instead of broadly across all domains, or they could be strengths that are, situational strengths, in that you express them when the circumstance calls for it.

These strengths are likely not as automatic as your signature strengths, but they are close within reach and at your disposal. It is important to understand your middle strengths and how they are expressed in your life.





# Your Middle Strengths

Keep in mind that your middle strengths often serve as a way to balance, support, or manage your signature strengths. For example, someone high in leadership or perseverance who is really hardworking may need to often keep their strength of perspective close by to know "when to say when." Someone high in curiosity or love of learning who gets wrapped up in factual details and knowledge may need to use their strengths of kindness and fairness close at hand to maintain a focus on others and a base toward relationships.

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## App of Beauty/Exc

You are able to see beauty around you and appreciate when things are done with excellence. Sometimes you are in awe of things that others may take for granted. You may admire great art and science, such as what may be seen in music, movies, and drama, and jobs done to high standards.

## Bravery

Sometimes you are able to stand up for what is right, even when others oppose you. People may know you as someone who does not shrink in the face of a threat and can stand up against popular opinion. You may be able to face your fears or your own personal struggles directly.

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## Fairness

Most of the time it is important to you that all people get a chance. You try to treat all people according to principles of justice and equality. At times you are good at seeing different perspectives to a moral dilemma.

## Perseverance

You prefer to finish what you start and overcome the obstacles involved. You may enjoy setting goals and working hard to reach them. People might describe you as a hard worker. In some circumstances you can gut it out by working long hours or sticking with a challenging task when it is needed.

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# Your Middle Strengths

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## Perspective

You can often see the big picture in situations. People may come to you for advice or counsel, and you can usually provide an insightful point of view. You are able to address important and difficult questions about life's biggest issues; and sometimes you have a way of looking at the world that helps make sense of things.

## Hope

Your middle strength of hope means that you usually look on the bright side of life and find positives when others may only see negatives. Most of the time you believe that you can accomplish the goals you set, and you expect the best for the future.

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## Kindness

You find pleasure in helping others. Oftentimes you go out of your way to make other people happy and act nice for its own sake rather than for some other benefit. You may be described as someone who does good deeds for others.

## Forgiveness

In most cases, you can let go of hurt feelings and not hold grudges. You try to give people a second chance and try to make amends. You would like others to make a fresh start after their mistakes. With most relationships, being able to "let go" of problems comes relatively easily to you.

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# Your Middle Strengths

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## Gratitude

You are often thankful for things in your life, such as your health, good fortune, and relationships. You may take time to count your blessings or reflect on how you have lived or are living a blessed life. You occasionally not only feel but express thankfulness for the good things that happen to you and your loved ones.

## Prudence

Most of the time, you think through the consequences before you act, and you try not to say or do things that you might regret later. You try to think before you speak, and you know the difference between what is appropriate and what is inappropriate. People may say that you are careful not to take undue risks.

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## Teamwork

In most cases, you thrive as a group member more than working alone. You are supportive in group settings and respect your leaders. Teamwork is related to citizenship, loyalty, and social responsibility, so you probably enjoy the harmony of the greater group or community.

## Leadership

In some group situations you are compelled to take the lead and influence others to take action and reach goals. You may enjoy organizing and planning group activities. At times, people look to you for direction, and you are able to assume responsibility for the group's success and challenges.

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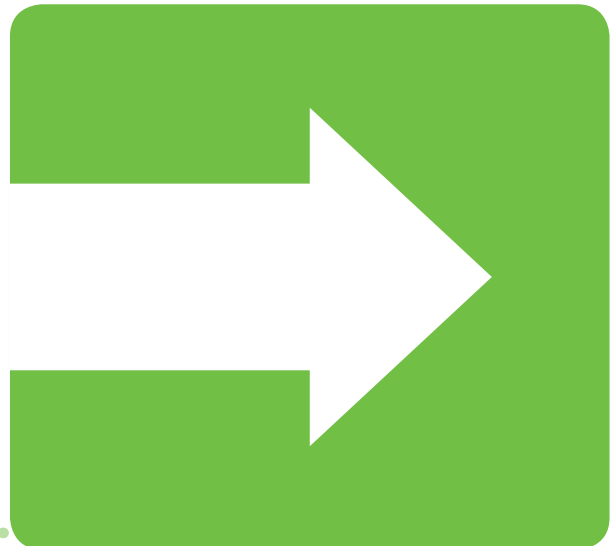
# | Your Middle Strengths

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## Social Intelligence

In some circumstances you identify yourself as a people person. In these moments you can read the situation and be tuned in to your surroundings. Oftentimes you know what makes people tick, and you are aware of the motives and feelings of other people as well as your own.

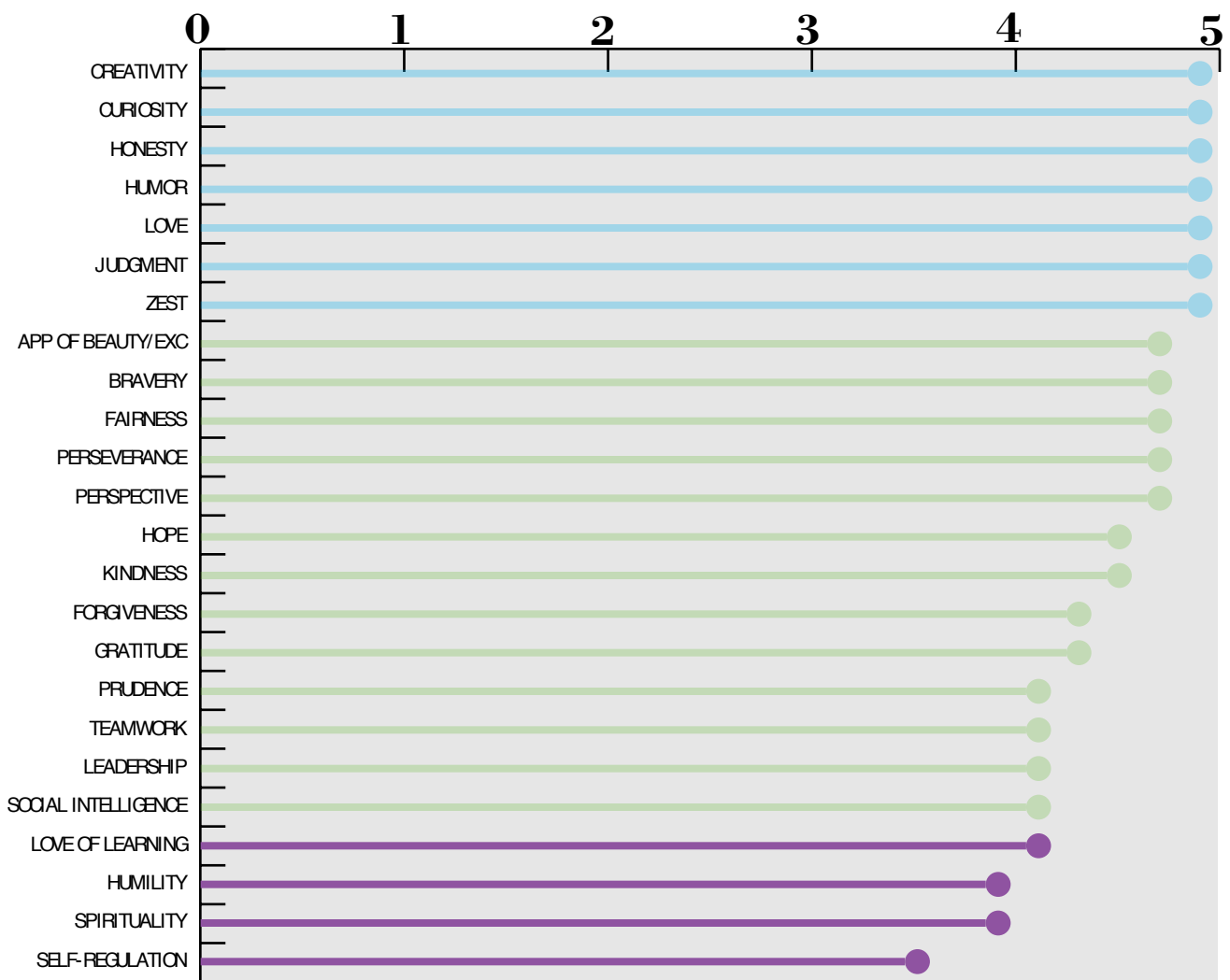


# | Your Lesser Strengths

You have a capacity for each of these lesser strengths. These are character strengths that do not occur as naturally as your other strengths. It probably requires a fair amount of effort and energy for you to use these strengths well, and at times this may be draining to you.

Naturally, some individuals may have an interest in boosting up their lesser strengths. It is most likely this can be achieved by deliberate practice and by using your signature strengths to do so.

For example, one person might use their signature strength of curiosity to boost their lesser strength of prudence by questioning others for advice on ways to be more conscientious. Another person may wish to boost their lesser strength of humility by using their signature strength of kindness through focusing care and empathy toward others and listening for the struggles of others rather than sharing one's own experiences.







# Your Lesser Strengths

## Your Lesser Strengths

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### Love of Learning

Love of learning involves digging deep into old and new topics, not being satisfied with a shallow understanding of things. Individuals with a strong love of learning feel good when they are increasing their knowledge, either by reading, going to museums and libraries, taking classes or watching educational television. This strength can help you connect with others by being able to converse on numerous subjects.

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### Humility

Humility involves putting others before yourself and not acting as though you are more special or important than others. Humble individuals would rather blend into the crowd than stand out, and they let their accomplishments speak for themselves. The experience of emotional wellness, a good ability to self-regulate, and feeling less self-preoccupied are benefits of this strength.

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### Spirituality

Spirituality involves having beliefs about the meaning and purpose of life that provide comfort to you. Spiritual individuals usually practice their beliefs in some way, for example, meditation, prayer communing with nature, or attendance at religious services. The strength of spirituality helps individuals have a sense of being grounded and optimistic.

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### Self-Regulation

Self-regulation helps individuals keep a sense of balance, order, and progress in life. It involves controlling impulses, desires, and emotions. This strength is linked with better personal adjustment, such as having fewer physical and psychological symptoms and having a greater sense of self-acceptance and self-esteem in relationships.



# Feedback

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Take our survey online to let us know what you think of the VIA ME! Pathways Report.

<https://www.surveymonkey.com/s/PFFYCM7>