

Learning Activity

Module 2: Confidence

Take a few minutes to complete the VIA Character Strengths Survey ([linked here](#)). The survey takes about five minutes to complete. You will need to register your first name and email, and create a password. It is a safe website and by registering, you can return in the future to access your results and retake the test.

Then, head to www.wordclouds.com and create a wordcloud based on all your strengths! Print it out and stick it somewhere to remind yourself everyday of your unique strengths! You could even save it as your screensaver so you see it every time you open your phone!