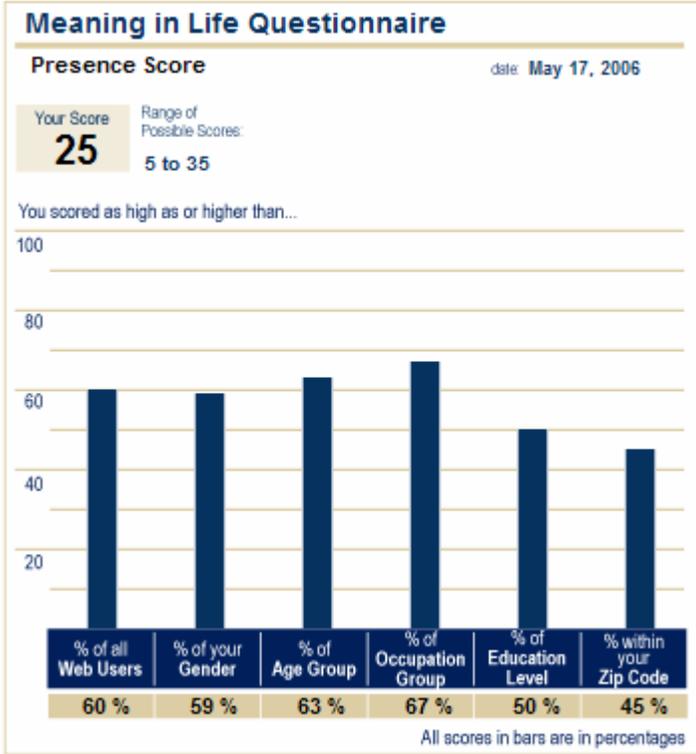


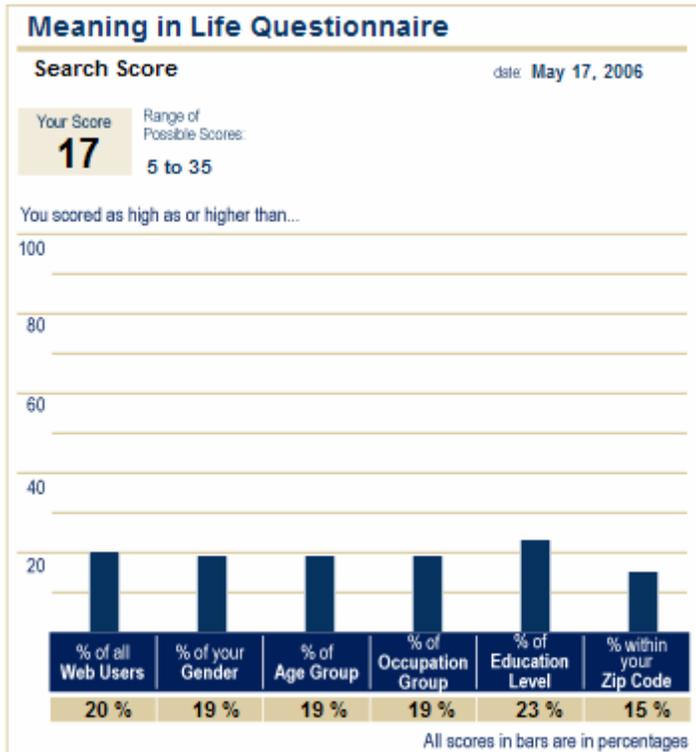
# Meaning in Life Questionnaire

Here are your scores on the Meaning in Life Questionnaire. Based on a number of studies, we can make some probabilistic guesses about other areas of your life based on your scores on the MLQ. Please keep in mind that these are really only guesses and should not in any way be considered diagnostic.



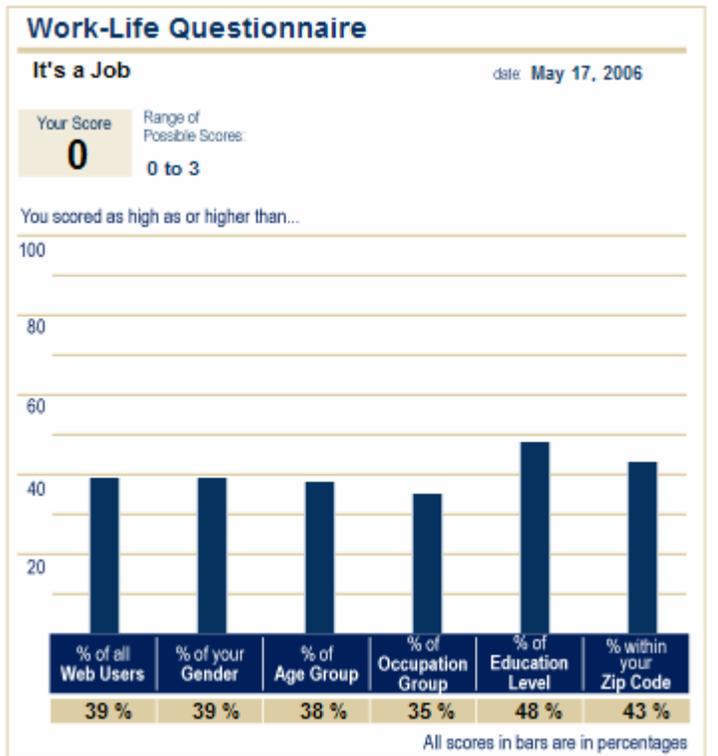
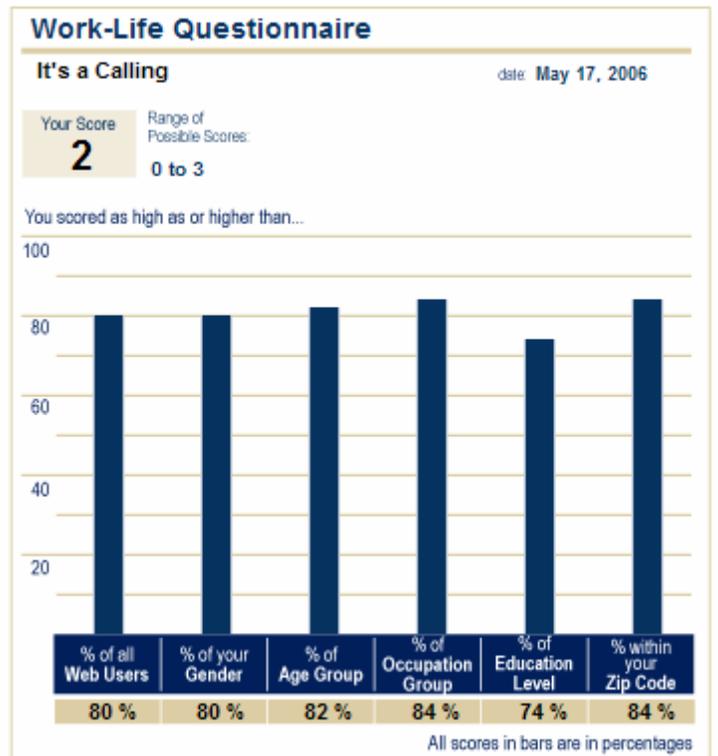
If you scored above 24 on Presence and also above 24 on Search, you feel your life has a valued meaning and purpose, yet you are still openly exploring that meaning or purpose. You are likely satisfied with your life, somewhat optimistic, experience feelings of love frequently, and rarely feel depressed. You are probably somewhat active in religious activities, and tend not to value pursuing sensory stimulation as much as others. You are generally certain of, and occasionally forceful regarding, your views and supportive of having an overall structure in society and life. People who know you would probably describe you as conscientious, thoughtful, easy to get along with, somewhat open to new experiences, and generally easy-going and emotionally stable.

If you scored above 24 on Presence and below 24 on Search, you feel your life has a valued meaning and purpose, and are not actively exploring that meaning or seeking meaning in your life. One might say that you are satisfied that you've grasped what makes your life meaningful, why you're here, and what you want to do with your life. You are probably satisfied with your life, optimistic, and have a healthy self-esteem. You frequently experience feelings of love and joy, and rarely feel afraid, angry, ashamed, or sad. You probably hold traditional values. You are usually certain of, and often forceful regarding, your views and likely support structure and rules for society and living. You are probably active in and committed to religious pursuits. People who know you would probably describe you as conscientious, organized, friendly, easy to get along with, and socially outgoing.



# Work-Life Questionnaire

Here are your scores on the Work-Life Survey. For how to interpret your scores, see the book Authentic Happiness



# VIA Signature Strengths

Here are your scores on the VIA Signature Strengths Survey. For how to interpret and use your scores, see the book *Authentic Happiness*. The ranking of the strengths reflects your overall ratings of yourself on the 24 strengths in the survey, how much of each strength you possess. Your top five, especially those marked as Signature Strengths, are the ones to pay attention to and find ways to use more often.

The percentages and bar graphs compare your overall self-rating on each strength to others' self-ratings. The longer the bar, the more unusual it is for other people to have more of this particular strength than you have. There are more people with high levels of some strengths than other strengths, so the bar graphs may not follow the same rank order as your own strengths.

## Fairness, equity, and justice

Treating all people fairly is one of your abiding principles. You do not let your personal feelings bias your decisions about other people. You give everyone a chance.



## Kindness and generosity

You are kind and generous to others, and you are never too busy to do a favor. You enjoy doing good deeds for others, even if you do not know them well.



## Capacity to love and be loved

You value close relations with others, in particular those in which sharing and caring are reciprocated. The people to whom you feel most close are the same people who feel most close to you.



## Curiosity and interest in the world

You are curious about everything. You are always asking questions, and you find all subjects and topics fascinating. You like exploration and discovery.



## Gratitude

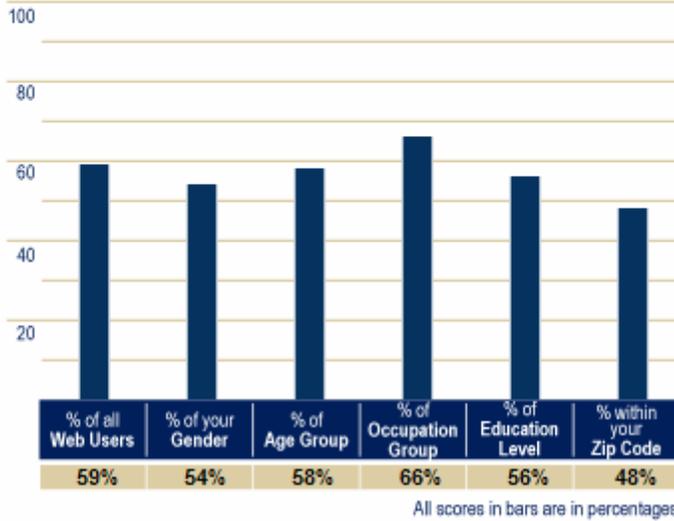
You are aware of the good things that happen to you, and you never take them for granted. Your friends and family members know that you are a grateful person because you always take the time to express your thanks.

### VIA Signature Strengths: Your Fifth Strength

#### Gratitude

date: May 17, 2006

On this strength, you scored as high as or higher than...



## Industry, diligence, and perseverance 75% -6

You work hard to finish what you start. No matter the project, you "get it out the door" in timely fashion. You do not get distracted when you work, and you take satisfaction in completing tasks.

## Appreciation of beauty and excellence 50% -7

You notice and appreciate beauty, excellence, and/or skilled performance in all domains of life, from nature to art to mathematics to science to everyday experience.

## Creativity, ingenuity, and originality 55% -8

Thinking of new ways to do things is a crucial part of who you are. You are never content with doing something the conventional way if a better way is possible.

## Honesty, authenticity, and genuineness 63% -9

You are an honest person, not only by speaking the truth but by living your life in a genuine and authentic way. You are down to earth and without pretense; you are a "real" person.

## Leadership 80% - 10

You excel at the tasks of leadership: encouraging a group to get things done and preserving harmony within the group by making everyone feel included. You do a good job organizing activities and seeing that they happen.

## Forgiveness and mercy – 68% - 11

You forgive those who have done you wrong. You always give people a second chance. Your guiding principle is mercy and not revenge.

## Judgment, critical thinking, and open-mindedness 50% - 12

Thinking things through and examining them from all sides are important aspects of who you are. You do not jump to conclusions, and you rely only on solid evidence to make your decisions. You are able to change your mind.

## Caution, prudence, and discretion – 80% - 13

You are a careful person, and your choices are consistently prudent ones. You do not say or do things that you might later regret.

## Citizenship, teamwork, and loyalty – 70% - 14

You excel as a member of a group. You are a loyal and dedicated teammate, you always do your share, and you work hard for the success of your group.

## Perspective (wisdom) 69% - 15

Although you may not think of yourself as wise, your friends hold this view of you. They value your perspective on matters and turn to you for advice. You have a way of looking at the world that makes sense to others and to yourself.

## Spirituality, sense of purpose, and faith – 50% -16

You have strong and coherent beliefs about the higher purpose and meaning of the universe. You know where you fit in the larger scheme. Your beliefs shape your actions and are a source of comfort to you.

## Zest, enthusiasm, and energy – 69% - 17

Regardless of what you do, you approach it with excitement and energy. You never do anything halfway or halfheartedly. For you, life is an adventure.

## Bravery and valor – 53% - 18

You are a courageous person who does not shrink from threat, challenge, difficulty, or pain. You speak up for what is right even if there is opposition. You act on your convictions.

## Hope, optimism, and future-mindedness – 58% - 19

You expect the best in the future, and you work to achieve it. You believe that the future is something that you can control.

## Love of learning – 30% - 20

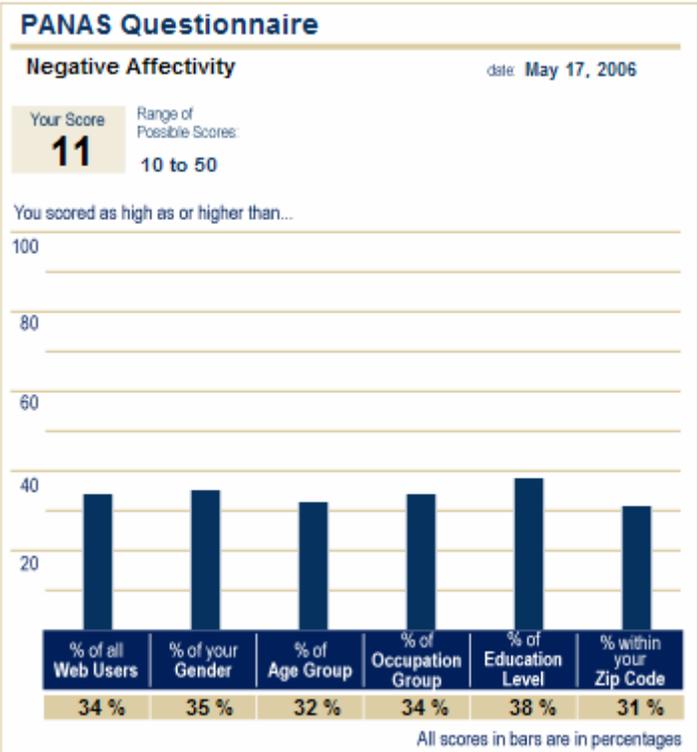
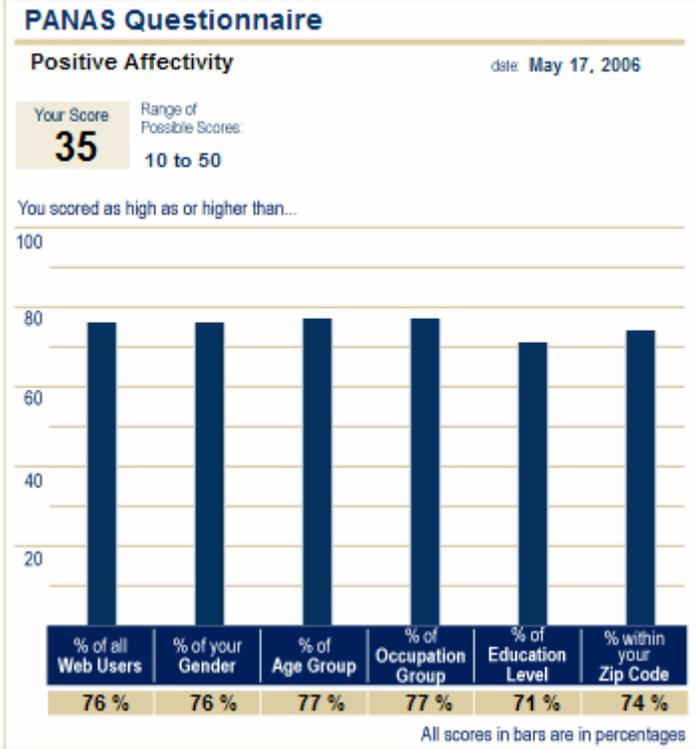
You love learning new things, whether in a class or on your own. You have always loved school, reading, and museums-anywhere and everywhere there is an opportunity to learn.

## Social intelligence

You are aware of the motives and feelings of other people. You know what to do to fit in to different social situations and you know what to do to put others at ease.

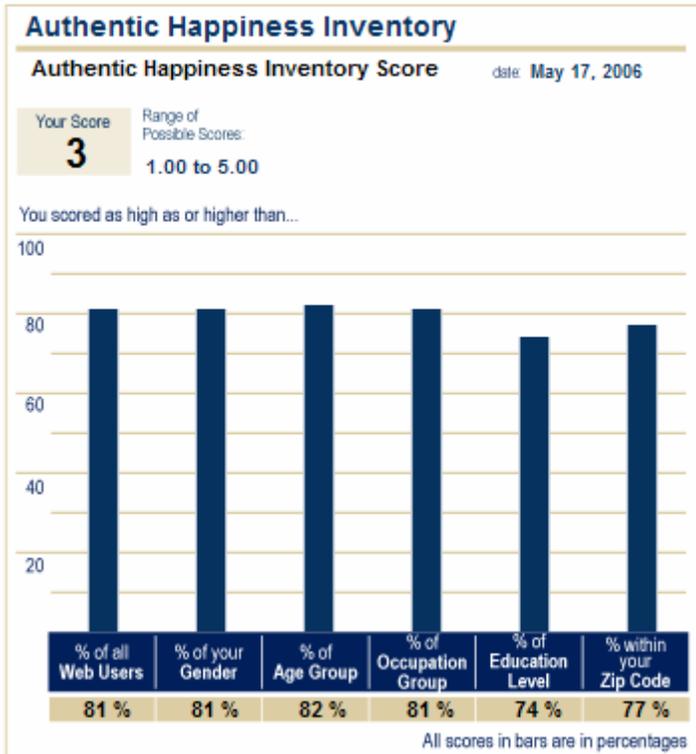
# PANAS Questionnaire

Here are your scores on the Positive Affectivity and Negative Affectivity Scale-Momentary Feedback questionnaire



# Authentic Happiness Inventory

Here is your score on the Authentic Happiness Inventory. We are currently testing and refining this questionnaire. We cannot yet tell you whether or how scores on this questionnaire are related to happiness. We can only tell you how your scores compared to those of others using the site and thank you for your kind contribution to this research. When we finish the study in a few months, we'll add more information about this score on your personalized **Test Center** page



# Satisfaction with Life Scale

Here is your score on the Satisfaction with Life Scale.

