

Strengths Themes from StrengthsQuest™

Below you will find each of the 34 strengths assessed by the Strengths Finder™. We have placed the 34 strengths in their respective theme categories. Please locate the top five strengths identified by your strengths finder report. To focus your attention on the themes of your strengths, please underline or highlight each of your strengths. Think about the way that your strengths are clustered within or spread out among the strengths theme categories.

RELATING Strengths Theme (connecting, bonding, interpersonal)

Communication	<ul style="list-style-type: none">▪ generally find it easy to put thoughts into words▪ good conversationalists and presenters
Empathy	<ul style="list-style-type: none">▪ sense the feelings of other people by imagining themselves in others' lives or others' situations
Harmony	<ul style="list-style-type: none">▪ look for consensus▪ don't enjoy conflict; rather, seek areas of agreement
Includer	<ul style="list-style-type: none">▪ accepting of others▪ show awareness of those who feel left out, and make effort to include them
Individualization	<ul style="list-style-type: none">▪ intrigued with the unique qualities of each person▪ have a gift for figuring out how people who are different can work together productively
Relator	<ul style="list-style-type: none">▪ enjoy close relationships with others▪ find deep satisfaction in working hard with friends to achieve a goal
Responsibility	<ul style="list-style-type: none">▪ take psychological ownership of what they say they will do▪ committed to stable values such as honesty and loyalty

IMPACTING Strengths Theme (influencing)

Command	<ul style="list-style-type: none">▪ have presence▪ can take control of a situation and make decisions
Competition	<ul style="list-style-type: none">▪ measure progress against the performance of others▪ strive to win first place and revel in contests
Developer	<ul style="list-style-type: none">▪ recognize and cultivate the potential in others▪ spot the signs of each small improvement and derive satisfaction from these improvements
Maximizer	<ul style="list-style-type: none">▪ focus on strengths as a way to stimulate personal and group excellence▪ seek to transform something strong into something superb
Positivity	<ul style="list-style-type: none">▪ have an enthusiasm that is contagious▪ are upbeat and can get others excited about what they are going to do
Woo	<ul style="list-style-type: none">▪ love the challenge of meeting new people and winning them over▪ derive satisfaction from breaking the ice and making a connection with another person

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STRIVING Strengths Theme (motivating, energizing)

Achiever	<ul style="list-style-type: none">▪ have a great deal of stamina and work hard▪ take great satisfaction from being busy and productive
Activator	<ul style="list-style-type: none">▪ can make things happen by turning thoughts into action▪ often impatient
Adaptability	<ul style="list-style-type: none">▪ prefer to “go with the flow”▪ tend to be “now” people who take things as they come and discover the future one day at a time
Belief	<ul style="list-style-type: none">▪ have certain core values that are unchanging▪ out of these values emerges a defined purpose for their life
Discipline	<ul style="list-style-type: none">▪ enjoy routine and structure▪ their world is best described by the order they create
Focus	<ul style="list-style-type: none">▪ can take a direction, follow through, and make the corrections necessary to stay on track▪ prioritize, then act
Restorative	<ul style="list-style-type: none">▪ adept at dealing with problems▪ good at figuring out what is wrong and resolving it
Self-Assurance	<ul style="list-style-type: none">▪ feel confident in their ability to manage their own lives▪ possess an inner compass that gives them confidence that their decisions are right
Significance	<ul style="list-style-type: none">▪ want to be very important in the eyes of others▪ independent and want to be recognized

THINKING Strengths Theme (perceiving)

Analytical	<ul style="list-style-type: none">▪ search for reasons and causes▪ have the ability to think about all the factors that might affect a situation
Arranger	<ul style="list-style-type: none">▪ can organize, but they also have a flexibility that complements this ability▪ like to figure out how all of the pieces and resources can be arranged for maximum productivity
Connectedness	<ul style="list-style-type: none">▪ have faith in the links between all things▪ believe there are few coincidences and that almost every event has a reason
Consistency	<ul style="list-style-type: none">▪ keenly aware of the need to treat people the same▪ try to treat everyone in the world with consistency by setting up clear rules and adhering to them
Context	<ul style="list-style-type: none">▪ enjoy thinking about the past▪ understand the present by researching its history
Deliberative	<ul style="list-style-type: none">▪ take serious care in making decisions or choices▪ anticipate obstacles
Futuristic	<ul style="list-style-type: none">▪ inspired by the future and what could be▪ inspire others with their visions of the future
Ideation	<ul style="list-style-type: none">▪ fascinated by ideas▪ able to find connections between seemingly disparate phenomena
Input	<ul style="list-style-type: none">▪ have a craving to know more▪ like to collect and archive all kinds of information
Intellection	<ul style="list-style-type: none">▪ characterized by their intellectual activity▪ introspective and appreciate intellectual discussions
Learner	<ul style="list-style-type: none">▪ have a great desire to learn and want to continuously improve▪ the process of learning, rather than the outcome, excites them
Strategic	<ul style="list-style-type: none">▪ create alternative ways to proceed▪ can quickly spot the relevant patterns and issues with any given scenario

