



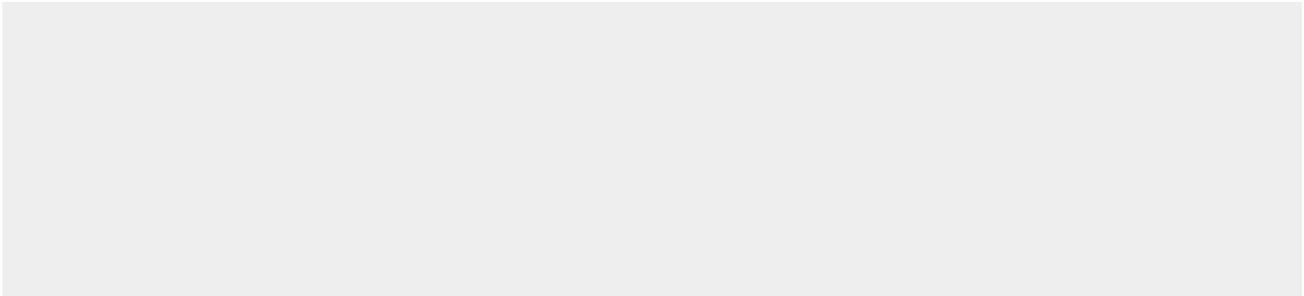
# *Strengths Squad*

Week 1: Find Your Foundation

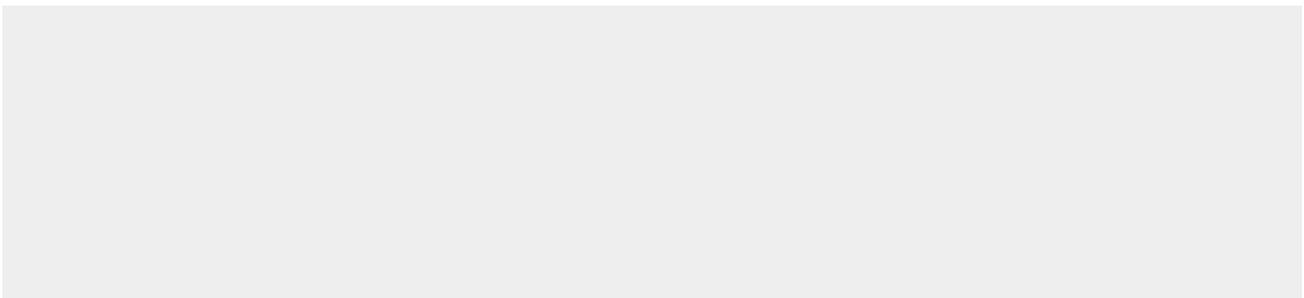


## **Answer the questions below to reflect on your talents**

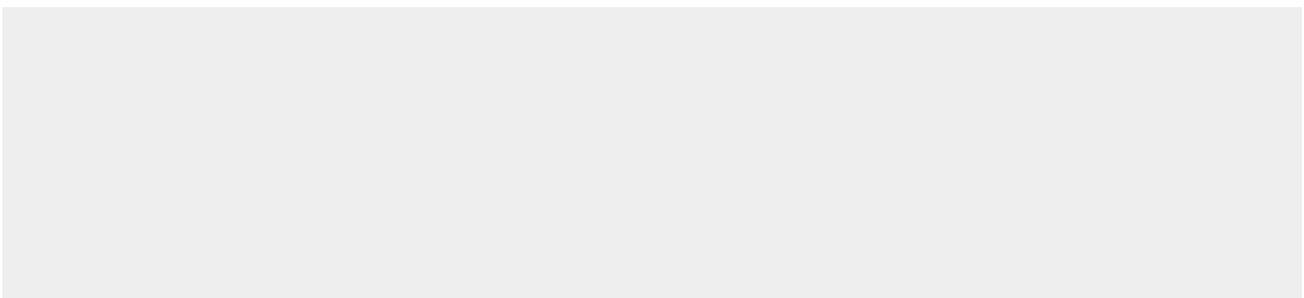
**1. Do your Clifton Strengths results align with what you perceive as your talents? Why or why not?**



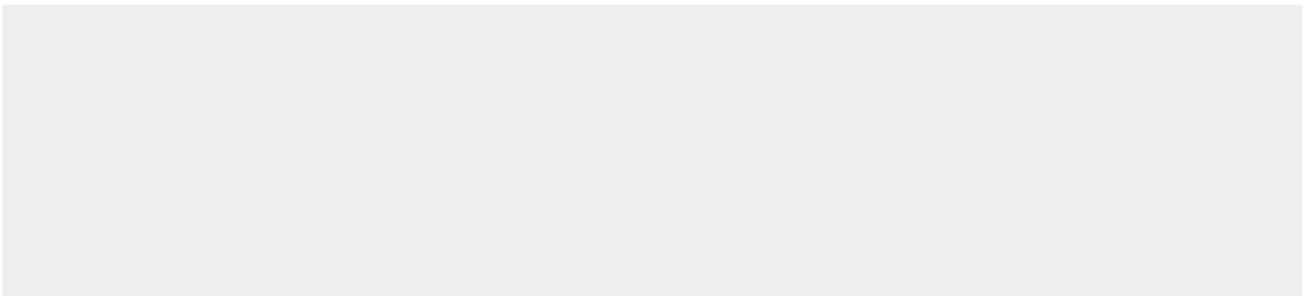
**2. What resonates the most about your top Strengths?**



**3. What is most surprising about your Strengths?**



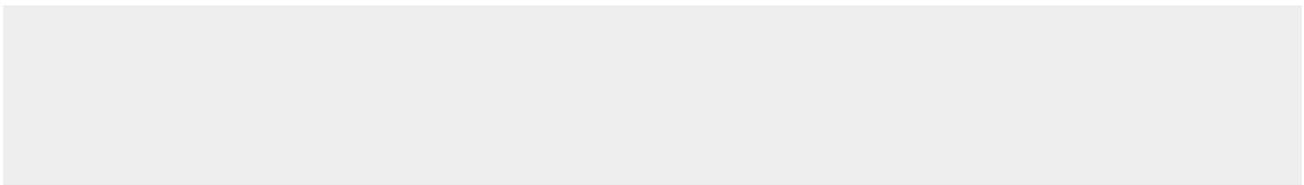
**4. Which Strengths (if any) do you wish you had in your top?**



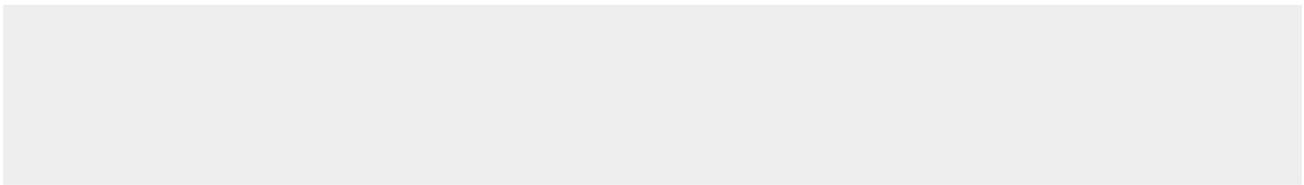
**5. Write down your Top 5 Strengths and consider the following questions for each:**

- **How does this theme help you build and maintain relationships?**
- **How does this theme help you get things done?**
- **How does this theme help you manage information and ideas?**

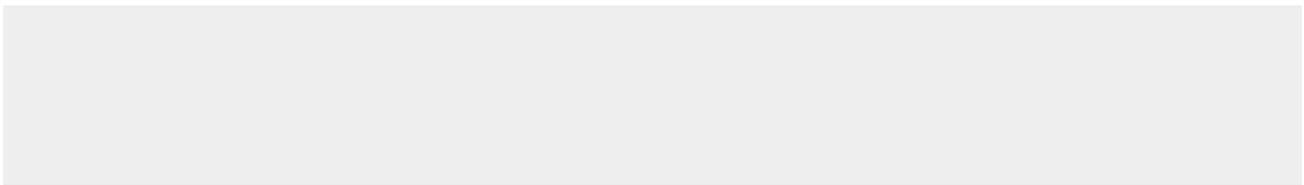
**Theme 1** \_\_\_\_\_



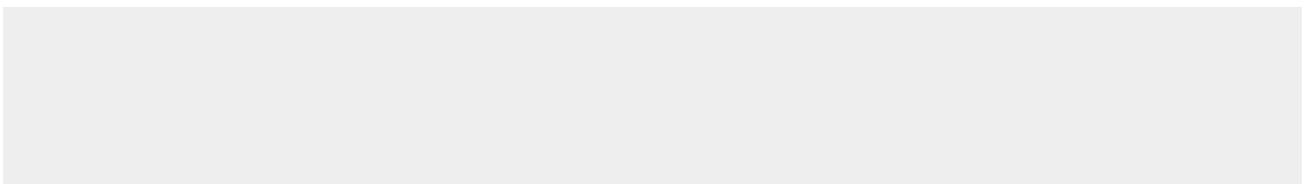
**Theme 2** \_\_\_\_\_



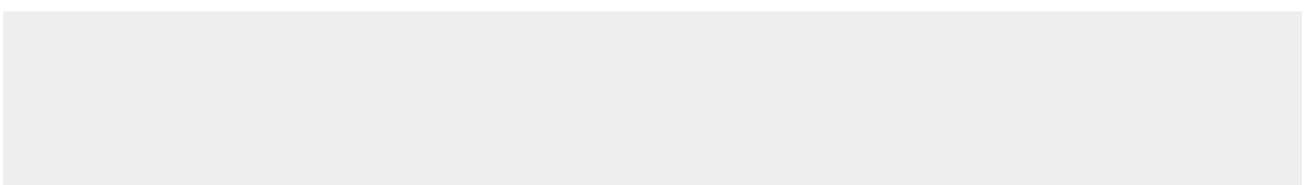
**Theme 3** \_\_\_\_\_



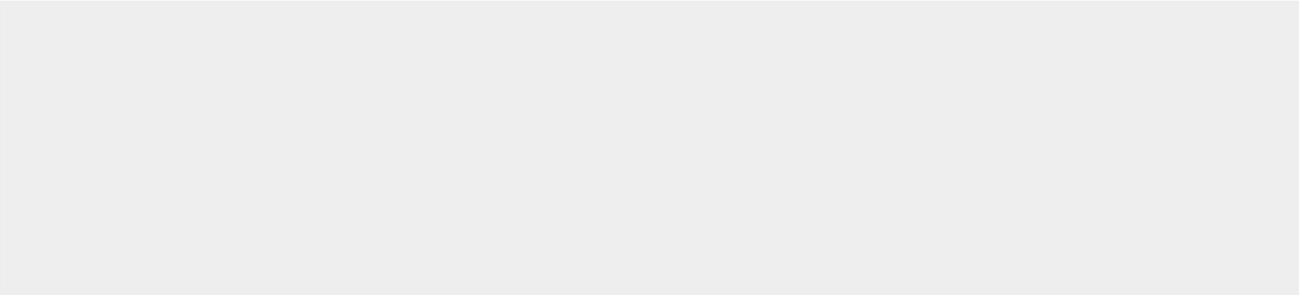
**Theme 4** \_\_\_\_\_



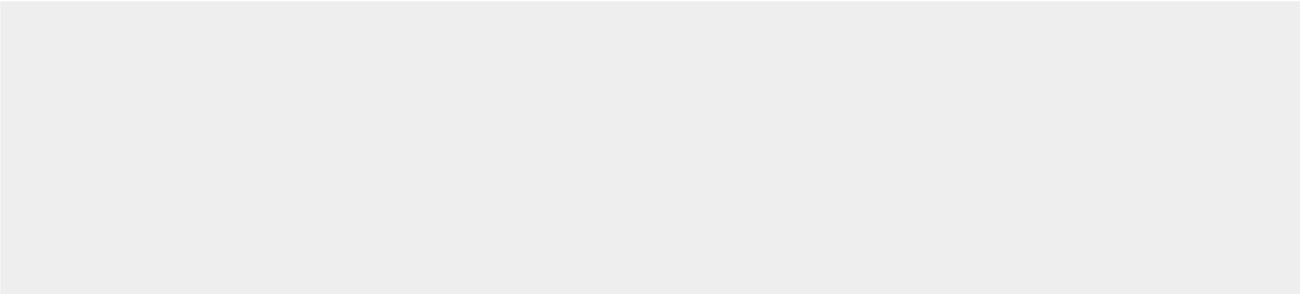
**Theme 5** \_\_\_\_\_



**6. What kinds of activities do you seem to pick up easily and quickly?**



**7. What activities leave you #shook by your own excellence? (i.e. thinking 'How did I do that?')**



**8. Which of your top talents led to a 'win' for you this week?**

