At First Glance

The Clifton StrengthsFinder is comprised of 34 themes. These themes emerged in Gallup’s study of successful people over decades of research. Each theme contains several talents. These talents are natural, recurring patterns of thoughts, feelings, or behaviors. The talents found in your Signature Themes are things you do naturally — like breathing. You can’t not do them. You actually do them without even trying.

Read through the long descriptions for each of your Signature Themes. Highlight the words and/or sentences that best describe you. Then, answer the following questions:

What is your first reaction to these terms? What do they mean to you at this point?

Does anything in the report surprise you?

How well do you feel your Signature Themes describe the ways in which you most naturally, think, feel, and behave as a unique individual?

With whom will you share your results?

Activity 1.2: At First Glance