

THE Possibility MOM

CHAPTER 7

STRENGTHS FINDER ASSESSMENT APPLICATION

Step 1: Take the assessment

Visit www.gallupstrengthscenter.com to take the assessment. Trust me when I say the fee you pay for this test is worth every penny! Get your results and write them here:

Step 2: Understand the domains

The 34 strengths fall into 4 domains: Executing, Influencing, Relationship Building, and Strategic Thinking.

In the space below, circle your top 5 Strengths and note which domain is most predominant for you:

EXECUTING	INFLUENCING	RELATIONSHIP BUILDING	STRATEGIC THINKING
People with dominant Executing themes know how to make things happen.	People with dominant Influencing themes know how to take charge, speak up, and make sure the team is heard.	People with dominant Relationship Building themes have the ability to build strong relationships that can hold a team together and make the team greater than the sum of its parts..	People with dominant Strategic Thinking themes help teams consider what could be. They absorb and analyze information that can inform better decisions.
Achiever Arranger Belief Consistency Deliberative Deliberative Discipline Focus Responsibility Restorative	Activator Command Communication Competition Maximizer Self-Assurance Significance Woo	Adaptability Connectedness Developer Empathy Harmony Includer Individualization Positivity Relator	Analytical Context Futuristic Ideation Input Intellection Learner Strategic

Step 3: Understand your strengths

Read the descriptions of your Strengths carefully. Ask friends if they agree. Watch YouTube videos describing your Strengths. Note any observations here:

Step 4: Apply your strengths

Start looking at tasks you already do, and see how your Strengths might make your life easier.

For example, I used to project manage and implement interior design projects, which often require Strengths in the Executing Domain. When I learned that most of my Strengths fall in the Strategic Thinking and Relationship Building Domains, I decided to use this to my advantage and shift my business to focus on 2-hour consultations, where executing and implementation would not be required.

Think of activities in your life that seem hard right now, and brainstorm if there are ways that your Strengths might make that task easier:

Visit www.gallupstrengthscenter.com for more on this topic.