

Strengths Explorer®

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Overview

Sections 



Your Top 3 Themes

You are the only person with your exact talents. Nobody in the world is the same as you.

1. Achieving

You have more energy and more goals than other people. You love a sense of accomplishment.

2. Confidence

You believe in yourself and what you can do. This helps you take on challenges because you feel sure you can succeed.

3. Competing

You see many things in life as a game, and you feel great joy when you win. You truly hate to lose because you are always striving for first place.

Theme Details

Here is a complete summary of your themes from StrengthExplorer®

StrengthsExplorer will help you think about your talents - the ways in which you naturally think, feel, or behave. Thinking about your talents may be new for you. The StrengthsExplorer report will help you begin to discover and talk about your greatest talents by identifying the areas, or "themes", in which they are found. Even though everyone has talents in all 10 of these themes, StrengthsExplorer tells you your top three themes. The descriptions of your top themes probably express the way you are much, or even most, of the time. Friends, parents and teachers might use similar words to describe you. Learning about your talents can help you grow and build strengths, as well as help you achieve what you want to do in your life.

You are the only person with your exact combination of talents - even if someone has the same top themes as you. As you read through our top themes, please remember that while some of the talents described may not fit you, many of the talents described should sound very familiar - and that is what's important. To learn about your own talents, pay the most attention to the sentences that sound the most like you.

Achieving

You have more energy and more goals than other people. You love a sense of accomplishment. You are in a hurry to get started and make things happen because you almost always have a list in your mind of the things you want to get done. It is fun to achieve small goals and even more exciting to achieve big goals that challenge you. The more you get done, the more you feel like a successful person. And the more successes you have, the more you want to have. Finishing a project feels good to you because you love a sense of accomplishment. An award, a good grade, or praise can mean a lot to you because it feels good when your effort and ability are noticed. Because you are a hard worker, you always feel that you could and should be doing more.

Confidence

You believe in yourself and what you can do. This helps you take on challenges because you feel sure you can succeed. Because you are confident, you are able to do things that others may not want to try.

Knowing that you are a unique and special person in the world gives you the power to be who you are. You don't have to be like everybody else, and you don't have to follow the crowd. Even when you don't feel it, other people may see you as brave because you will speak up even if no one else will. You are sure enough of your opinions that you will take a stand for them. It is great to believe in what you can do because this belief helps you do more in your life.

Competing

You see many things in life as a game, and you feel great joy when you win. You truly hate to lose because you are always striving for first place. Every day you compete. Winning first place is your goal in any contest that you feel is worth your time. If there is no one to compete against, you compete against yourself to do more or accomplish a goal faster or better. You can be competing against someone else even when that person doesn't know it. Because you hate to lose, you might get angry, upset, or even cry. It does not matter if others think the contest is important. If you are doing it, you want to be number one. Others look to you for the motivation to win.

Action items

Complete these items to get maximum benefits from StrengthExplorer®

Below you'll find ideas for using your greatest talents. Talents are like muscles. When you exercise, your muscles grow and become stronger. In the same way, the more you use talents, the more they can help you develop strengths. You might want to make a check mark next to the suggestions that fit you best and simply ignore the ones that don't seem to fit you today. These items are here to get you started thinking about how to use your talents. You may have other ideas that suit you well. The important thing is that you select one suggestion to put into action right away and get started using your unique talents to develop strengths.

1. Achieving - Action Items

- People might tell you that you are a "self-starter" because you are always working at something. Look at the things you want to do. Make a list, and decide what is most important. Then, do those things first.

- Challenges are important to you. If every goal on your list is easy, it might not feel good. Set some big goals. Do you want to learn another language . . . score three goals in a game . . . write a

song . . . teach yourself to skateboard? Set some goals that will really make you feel proud when you accomplish them.

- You're at your best when you are active and energetic. Find things to do that get you up and moving. Are there new things you can do to use your energy to achieve a goal? For example, you could get up early and create some free time for yourself to play your guitar, read, exercise, or add to your homework.
- You can work harder and longer than most people. Try to be an example and a motivator to people who are working together on teams or big projects. Sometimes, just one very hard worker helps the whole group get more done.
- What groups could you join to help them accomplish their goal? A volunteer group in your church or school might be a great place to use your hard-working talent toward important results.

2. Confidence - Action Items

- You are good at knowing your opinions and talking about them. When other people are unsure of the right actions to take, speak up for what you think is right. You can speak for others who are afraid to say how they feel.
- You like to think big. Help your friends or groups think big too. They can do bigger and more important things with your encouragement. You can build their belief in what they can accomplish. Think big. Achieve big.
- Think about a group in your school or community where you are interested in taking an active role. Your ability to be confident and move forward can help the group be more successful.
- Talk to your counselor or favorite teacher about things you would like to learn in the future and goals you would like to accomplish. Pick out some classes or clubs that will help you do this. Use your confidence to keep trying new things.
- You feel comfortable making your own path. Most times it is a successful one, but sometimes it might not be. When other people stop at a roadblock, you find another path. When you encounter a disappointment, think of ways you can try again or succeed at something else. Your belief in what you can do keeps you going now and in the future.

3. Competing - Action Items

- Winning is a good motivator. You have a built-in need to win. There are many ways you can use that at home, school, and in your activities. If you play sports, it helps to practice skills over and over so that you'll be prepared to win. For schoolwork, how can you make studying into a game? If your club is having a fundraiser, suggest a contest to see who can raise the most money.

- Find ways to win. Other people may give up when they don't see a way to win, but you keep thinking. Try different ways to win, and look for the easiest and fastest way. Maybe there is a shortcut that gets you to the goal sooner.

- Measuring yourself helps you to keep going and do better. Working on your basketball shot? Count how many baskets you can make in a row. Learning to play a song? Count how many measures you can play without making a mistake. Think of ways to count what you are doing and you will find that measurement improves performance.

- Competing with someone else can help you get better at what you want to do. Do you have some other friends who are competitive that you could challenge? Do you have a friend who is as good as or better than you at something you like to do? Find one of these friends and have a contest with him or her. Your friendly competition will push each of you to be better and do your best.

- Pick one thing you really want to do this week. Tell a parent, teacher, sister, or brother about it. Have this person help you set a challenge for yourself. Can you learn your spelling words in two days? Can you dribble a soccer ball 35 times? Can you learn the names of five new people?

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