

Strengths Insights

Empathy

People who are especially talented in the Empathy theme can sense the feelings of other people by imagining themselves in others' lives or others' situations.

- always put myself in other peoples shoes, especially when it comes to friendships
- good at feeling the mood in a room and others people moods and know how to react accordingly to it
- able to make friends easily because I can tune into people's feelings
- able to tell when someone is down and able to cheer them up easily, makes me feel good and the other person feel good (win-win situation)

Developer

People who are especially talented in the Developer theme recognize and cultivate the potential in others. They spot the signs of each small improvement and derive satisfaction from these improvements.

- like to do things that have meaning to myself
- like to see small improvements in myself and in others, shows that I am reaching the "ultimate overall goal"

Restorative

People who are especially talented in the Restorative theme are adept at dealing with problems. They are good at figuring out what is wrong and resolving it.

- aim to overcome obstacles and weaknesses
- put a lot of thought and effort into my goals
- engage in a lot of self improvement activities to become a better person

Includer

People who are especially talented in the Includer theme are accepting of others. They show awareness of those who feel left out, and make an effort to include them.

- am good at this in any area in my life
- enjoy working with others so I can use this strength
- company of others energizes me more than working alone
- always been drawn to team sports because of this
- less inclined to be a loner
- very social

Individualization

People who are especially talented in the Individualization theme are intrigued with the unique qualities of each person. They have a gift for figuring out how people who are different can work together productively.

- good at convincing people to keep going through a hard problem
- guidance counselor type of attitude
- care about every one being recognized for their talents