

Knowing Myself, Growing My Strengths

POWER IN VISION - ROMM JAMES CUYA



Romm James, Your Top Strength is:



Hope

Expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about.

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Your Top Strengths

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| 1 Hope
TRANSCENDENCE | 1 This is true because I always choose to think positively. I believe I can overcome pain and challenges no matter how difficult they are. |
| 2 Curiosity
WISDOM | 2 I love to explore and discover new things. I often want to understand every detail because expanding my knowledge excites me. |
| 3 Teamwork
JUSTICE | 3 I'm a cooperative person who enjoys working with others. I listen actively and contribute to planning and strategy for the greater good. |
| 4 Honesty
COURAGE | 4 This is very true. I find it hard to lie, and I value truth deeply. Being honest and staying true to myself is important to me. |
| 5 Love of Learning
WISDOM | 5 Absolutely. I believe in lifelong learning and constantly strive to improve myself and grow every day. |

BIG FIVE INVENTORY

TEST RESULT

Openness to Experience	Conscientiousness	Extraversion	Agreeableness	Neuroticism/Negative Emotionality
3.60	3.44	3.00	3.78	3.13

Openness to Experience 3.60

This result fits me well. I'm naturally curious and enjoy exploring and learning new things. I like discovering ideas, concepts, or skills that expand my understanding. That said, I also recognize that some situations call for being practical and sticking to routine. And honestly, there are times when I feel unmotivated to be creative, especially when I'm mentally tired or overwhelmed.

Conscientiousness 3.44

I agree with this result. I tend to plan ahead, stay organized, and act responsibly, but I don't aim for perfection. I value structure, but I also understand that flexibility is important when things don't go as expected. I adapt when needed and try to stay balanced between discipline and going with the flow.

Extraversion 3.00

This is very accurate. I'm not extremely outgoing, but I can engage socially when needed. I prefer meaningful interactions over small talk. I enjoy quiet time and personal space, but I become more expressive and active when I feel accepted or when I'm in a comfortable environment. I would describe myself as a shy introvert who can adapt when needed.

Agreeableness 3.78

I see myself as a kind and trustworthy person who works well with others. I like helping people and keeping things peaceful. At the same time, I know how to set boundaries and not let others take advantage of me. I try to be aware of what's going on, stay respectful, and show support and empathy when others need it.

Neuroticism (Negative Emotionality) 3.13

This is fairly accurate. I do experience stress, worry, and sadness at times — especially when I'm under pressure or emotionally triggered. But I try not to let those emotions control me. My mindset is to keep moving forward, stay strong, and not give up, no matter what happens.

Visual

LEARNING STYLES RESULT

Your learning style preference is Visual.

I believe the result of the learning style inventory is accurate—I am mostly a visual learner. I tend to learn best by observing, taking notes, and using documentation. I also prefer a quiet study environment because I focus deeply when learning and easily get distracted by noise.

However, I've noticed that I understand things more completely when I apply them through hands-on activities. That's why I think my learning style is a mix of visual and kinesthetic. I learn best when I can both see the information and physically practice it.

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Middle Name: Picar Weight: 67kg
Last Name: Cuya Bday: May 05, 2002 B-place: Pasig

"I may bend, but I won't break. — I rise up stronger with each mistake."

"Whatever it takes, I'll rise and strive, — Ready to win and thrive in life."

Conclusion

Through this experience, I've learned more about myself and gained a clearer understanding of who I am. The results helped me see that I have strengths to be proud of—and that I am a valuable person, even during times when I've doubted my worth.

I've become more aware of the areas I need to grow in, such as my fear of failure, emotional vulnerability, and social anxiety. Recognizing these doesn't make me weak—it shows where I can improve.

I also discovered that I'm a fairly balanced person, and by understanding my strengths and learning style, I now know how to better support my own growth. This awareness gives me confidence to keep moving forward and become the best version of myself.

