

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

- 1 Hope**
TRANSCENDENCE
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
I love to explore and discover new things. I often want to understand every detail because expanding my knowledge excites me.
- 3 Teamwork**
JUSTICE
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
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
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.

Your Lesser Strengths

- 21 Forgiveness**
TEMPERANCE
This resonates with me. I find it difficult to forgive, especially when I've been hurt deeply. I tend to take things personally, and it's something I'm working on.
- 22 Bravery**
COURAGE
I sometimes struggle with fear—of failure and embarrassment. I can be shy in crowds, which makes it harder to act confidently.
- 23 Social Intelligence**
HUMANITY
I acknowledge that social situations can be hard for me. Due to past experiences, I sometimes feel afraid to connect with others. However, I'm learning to open up and build trust over time.
- 24 Leadership**
JUSTICE
While leadership isn't my strongest area, I do step up when needed. I prefer being a team player, but when responsibility calls, I do my best to lead with integrity.

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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"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.

Life is a marathon. So just keep running and follow your dreams.