

The CliftonStrengths program is a spin on many other programs that attempt to classify individuals under certain labels to better understand themselves and their purpose. Taking this test is a great way to reflect on one's own values by answering questions that are not usually answered in everyday conversation. However, I recently took a PrinciplesYou test, with similar questions and got different results. While this variability is inevitable among differing software, it can be misleading for those who take these tests without an understanding of how the software works. Nonetheless, I took the answers of the assessment, and will now keep them in the back of my mind as I navigate through my trials and tribulations, hoping to be more self-aware about myself and make the most of the moments by using these strengths to my advantage.

My CliftonStrengths Assessments Results are as follows:

Focus, Command, Futuristic, Activator, Ideation

I showed the results to my girlfriend, my mom, and the mother of a student that I coach for cycling. I decided to show it to all women because I feel that I associate and spend time with men much more often, so having a wide range of feedback from how women perceive my strengths will only make me more open-minded and diverse

My girlfriend validated my strengths in multiple ways, she is the one person who knows me the best so her feedback is the most accurate, in my opinion. Validating my 'Focus' she recalls that I am impossible to distract when I am route building for my fitness sessions. Route building is comparable to a video game for me, so arguably, anyone can have an intense focus on the things they enjoy doing (ex. video games).

'Command' is the strength that I figured would come in first, when compared to other character labeling software. All of my participants had multiple examples for this strength, one of the stand-out examples they had was my Project Manager role in the Association of Computer Engineers at the university. I led a website build project that took 2 semesters, I learned how to fail, and how to adapt. However, best of all, I learned how to lead by vision. This brings me to my next strength, "Futuristic". This one has ongoing examples. the mother I spoke to just started talking to me about getting internships with Health Tech companies she has connections with, and when asked what I was interested in, I told her I need to be with a company that has a mutual mission. Pay, promotion, and the product comes second to all of that.

Getting things done is the only way I feel good about myself, and I got this from my mom. She has as many examples as me applying this strength as I do of her. She highlighted how I am quick to start day-long bike rides with little hesitation, often inviting people with me. That's just something I noticed I liked to do and figured to make the most of it by minimizing the delay to action.

My CliftonStrengths make me who I am, I cannot complain about them, I can only work to improve them and keep them balanced. A challenge of my focus strength is how I can get TOO focused in a certain area and let the others fade away. This is an issue that I have to spend conscious effort keeping in balance. I can be too stubborn sometimes, and given my strengths, this can exacerbate more issues with my network if I do not stay reasonable. In short, I am human, but as long as I maintain awareness of my strengths and weaknesses, I will move forward.