
Ritu Adhikari

Strengths Insight Guide

SURVEY COMPLETION DATE: 06-30-2023



DON CLIFTON

Father of Strengths Psychology and
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Because many of your responses were in the Neutral category or unmarked, a note of caution is warranted: Some people are unable to choose one statement from a given pair because they feel either that both statements fit them well or that neither does. This is normal, but when it occurs very frequently, it does lead to less confidence in the accuracy of direction indicated by your report.

Depending on the order of your themes and how you responded to the assessment, some of your themes may share identical insight statements. If this occurs, the lower ranked theme will not display insight statements to avoid duplication on your report.

Your Top 5 Themes

1. Restorative
2. Relator
3. Achiever
4. Learner
5. Arranger

Restorative

SHARED THEME DESCRIPTION

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.

YOUR PERSONALIZED STRENGTHS INSIGHTS

What makes you stand out?

Because of your strengths, you routinely consider what you can contribute to the group. You continually look for ways to upgrade your performance, effectiveness, or efficiency. You pinpoint things you want to do better. You identify areas of opportunity for individual teammates and the entire group. Undoubtedly, you think about how these enhancements can be made. Chances are good that you reduce processes, programs, machines, procedures, and plans to their most basic parts. You search for minor flaws others fail to notice. In doing so, you figure out what needs to be fixed, upgraded, and updated. By nature, you are restless until you can pinpoint the exact reasons why you fell short of a goal or failed to produce excellent results. Armed with these insights, you can discover ways to do things more completely or perfectly the next time. Instinctively, you identify skill deficiencies, knowledge gaps, or performance shortcomings. These usually capture your attention. Having discovered these problems, you are determined to conquer them. You probably say you can do anything you decide to do as long as you apply yourself. It's very likely that you regularly study your mistakes. You want to understand what you must do differently in the future to succeed.

Questions

1. As you read your personalized strengths insights, what words, phrases, or lines stand out to you?
2. Out of all the talents in this insight, what would you like for others to see most in you?

Relator

SHARED THEME DESCRIPTION

People who are especially talented in the Relator theme enjoy close relationships with others. They find deep satisfaction in working hard with friends to achieve a goal.

YOUR PERSONALIZED STRENGTHS INSIGHTS

What makes you stand out?

Because of your strengths, you embrace life more fully when you are surrounded by people whose personal aims or professional ambitions are clearly defined. Instinctively, you may be convinced that you are measuring up to your potential. Perhaps you know when you are doing your best work or earning the highest grades you possibly can. Driven by your talents, you have the ability to instruct, train, or offer suggestions to people who look to you for assistance. It's very likely that you feel life is best when you are truthful about your talents, skills, education, successes, experiences, or background. You are determined to dispel illusions you have about yourself and others have about you. This is likely to be one of your top priorities. As long as you do not pretend to be someone you are not, you are a happier and healthier human being. By nature, you are comfortable being open and honest about who you are. Often you intentionally avoid people who are less than truthful. You prefer to spend time with individuals who speak as candidly as you do about their strengths, shortcomings, hopes, disappointments, failures, or successes.

Questions

1. As you read your personalized strengths insights, what words, phrases, or lines stand out to you?
2. Out of all the talents in this insight, what would you like for others to see most in you?

Achiever

SHARED THEME DESCRIPTION

People who are especially talented in the Achiever theme have a great deal of stamina and work hard. They take great satisfaction from being busy and productive.

YOUR PERSONALIZED STRENGTHS INSIGHTS

What makes you stand out?

Driven by your talents, you concentrate for extended periods of time. This is one reason why you ultimately master skills and grasp concepts. Because of your strengths, you can mentally zero in on tasks for hours at a time when you have a goal to reach. When the assignment demands extra time, you would be wise to honor your body's natural rhythms. In other words, if you are a "morning person," work in the morning. Work in the afternoon if that is when you hit your stride. Work in the evening if that is when you think better. Work around midnight after everyone has gone to bed if you are someone who usually stays up very late. It's very likely that you regularly apply yourself to scholarly pursuits. For hours, you think seriously about various issues or ideas. You feel very optimistic about life when you can dedicate yourself to your studies. You typically resist the temptation to quit when obstacles, interruptions, or difficulties momentarily break your concentration. Instinctively, you normally expend a lot of energy helping people embrace their accomplishments and revel in their successes. You consciously acknowledge their ability to attain wealth, be elevated to celebrity status, maintain health, win honors, earn bonuses, reach goals, or gain power. By nature, you probably have a reputation for applying yourself to your work for many hours at a time. Your teammates likely realize you are capable of working all day or through the night when you must complete job-related tasks, household chores, or academic assignments.

Questions

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Learner

SHARED THEME DESCRIPTION

People who are especially talented in the Learner theme have a great desire to learn and want to continuously improve. In particular, the process of learning, rather than the outcome, excites them.

YOUR PERSONALIZED STRENGTHS INSIGHTS

What makes you stand out?

Chances are good that you automatically isolate the basic elements of an intriguing project, the fundamental features of a fascinating product, or the key facts about a novel concept. When you are interested in something, you tend to give it your full attention for hours, days, weeks, months, or even years. The process of acquiring knowledge gives you much satisfaction. Instinctively, you normally dedicate yourself to acquiring knowledge and gaining skills. You probably devote many hours to mental labor. Because of your strengths, you spend considerable time examining exactly why something has gone wrong. Whenever you experience a personal or professional loss, make a mistake, or experience failure, you tend to investigate. You are likely to be restless until you have answers to all your basic questions: What? How? When? Where? Who? Why? By nature, you frequently work without much rest. You typically want to pinpoint useful and intriguing facts. You likely have a need to explain why various events unfolded as they did. This information undoubtedly permits you to produce more and better results. It's very likely that you adopt a much more favorable outlook on life when you can identify the conditions that produced various outcomes. You probably need to know why something did or did not happen. You are impelled to examine the details of many events, processes, programs, or mechanisms.

Questions

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Arranger

SHARED THEME DESCRIPTION

People who are especially talented in the Arranger theme can organize, but they also have a flexibility that complements this ability. They like to figure out how all of the pieces and resources can be arranged for maximum productivity.

YOUR PERSONALIZED STRENGTHS INSIGHTS

What makes you stand out?

Chances are good that you are likely to improve your results and add to your list of accomplishments by consciously using your talents. You are more efficient and effective when you practice doing better what you naturally do very well. By nature, you are apt to be the person on the team who can calm and appease people who are upset, confused, or fearful. It's very likely that you often join teams to acquire new skills and gain additional information. Driven by your talents, you often declare, "Life is good!" You probably say this when you know you have been accepted into a group by all its members. You generally gravitate to team-oriented projects, sports, assignments, or contests. Instinctively, you may value relationships with certain authority figures. Why? Perhaps they make your work, studies, or life more meaningful.

Questions

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