

StrengthsFinder Mod. 1 Small Group: The Challenge of Affirming My Strengths

A quick look around shows us that there are a lot of things that challenge our ability to affirm our natural strengths. Listed below are a few of the difficulties we encounter when attempting to affirm our natural talents. Read each one. If you have experienced this feeling before, record the theme or themes associated with those feelings, and briefly describe the situation. You may not fill in every box. An example is provided for you.

Challenge	Strength	Affirmation
I was blind to my strengths.	Example: Adaptability	Example: I have always been adaptable and never considered it to be special. I took for granted my ability to move from one task to another.
Allison's Example: I'm afraid my strengths could hinder me.	Allison's Example: Strategic	Allison's Example: I have always been very contemplative, and this strength points to the fact that I like to process information to come up with a solution. This seems like it could be a detriment in a fast-paced environment like Turing, but I've realized that my data-driven approach to collecting student and staff experience information adds a thoroughness to my work that is important in our growing program.
My strength threatens others.	Ideation	It is easy for me to get lost in my thoughts but I feel that my ideas can add to whatever conversation I'm in.

In the past, I've been in a position or role that didn't fit my strength.	adaptability	After some time I can adapt to any role put in front of me.
I'm afraid of being seen as proud or arrogant.	Adaptability	I can make decisions in the moment because I can adapt to most situations. Some might think of me as arrogant for making these assumptions before I fully understand but I will adapt and follow through with my decision.
I don't see how my strength could help me reach my goals.	Input	I like to collect as many ideas and skills as I possibly can. Some might say that this style takes me longer, but I feel that when I get there I am better prepared for success.
I have trouble seeing how to use my strength in the day-to-day.	futurist	I can see my goal and break down my day to day activities that will keep me on the path to achieving that goal.

Adapted from StrengthsQuest curriculum