

# Strengths Questionnaire

Please read the five strength definitions associated with your career type. Next rate them as they pertain to you. Finally rank your strengths in order of importance from A – E, with A being your strongest trait, and list them here:

A. \_\_\_\_\_

D. \_\_\_\_\_

B. \_\_\_\_\_

E. \_\_\_\_\_

C. \_\_\_\_\_

## 1. The Perfectionist

### Courteousness

To what degree do you strive to remain dignified and gracious when relating to others, including as good team players and as good listeners as well as communicators?

\_\_\_\_\_ LO 1 2 3 4 5 HI

### Improving Things

To what degree do you raise the standards of your individual work, move the group project ahead, and/or make the world a better place?

\_\_\_\_\_ LO 1 2 3 4 5 HI

### Logical Thinking

To what degree do you think in a methodical and systematic fashion?

\_\_\_\_\_ LO 1 2 3 4 5 HI

### Meticulousness

Rate your ability to do skilled precision, thorough, and/or detail-oriented work.

\_\_\_\_\_ LO 1 2 3 4 5 HI

### Responsibility

Rate how conscientious and dependable you are in roles where you are in charge. This may include the ability to handle stress.

\_\_\_\_\_ LO 1 2 3 4 5 HI

# Strengths Questionnaire (Continued)

## 2. The Helper

### Expressiveness

How do you rate your ability to communicate emotions or ideas to one person or a group successfully?

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LO   1   2   3   4   5   HI

### People Skills

How skilled are you at winning people over to your point of view, creating a comfortable environment, conversing, and being diplomatic?

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LO   1   2   3   4   5   HI

### Perceptiveness

How alert are you when it comes to picking up insights and awareness about people and other complicated subjects?

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LO   1   2   3   4   5   HI

### Reliability

How much can others depend on you to be responsible and to do what you say you will do?

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LO   1   2   3   4   5   HI

### Resourcefulness

When a new situation or problem arises, how do you rate your ability to solve it by using your store of knowledge, your own creative solutions, and/or your own intelligence?

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LO   1   2   3   4   5   HI

# Strengths Questionnaire (Continued)

## 3. The Achiever

### Ability to Calculate

How do you rate your ability to estimate or determine the outcome of something by mathematics or arithmetic or to think either strategically or tactically?

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LO 1 2 3 4 5 HI

### Ability to Inspire

How effective are you at encouraging others to transcend their usual efforts?

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LO 1 2 3 4 5 HI

### Drive to Win

How vigorously do you focus on success?

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LO 1 2 3 4 5 HI

### Efficiency

How successful are you at accomplishing jobs quickly and with the minimum of effort?

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LO 1 2 3 4 5 HI

### Public Relations Skills

How do you rate your ability to promote yourself and those you represent?

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LO 1 2 3 4 5 HI

# Strengths Questionnaire (Continued)

## 4. The Romantic

### Aesthetic Sense

To what degree are you a connoisseur of things that please the senses and of the arts? How developed is your sensitivity to beauty, style, taste?

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LO 1 2 3 4 5 HI

### Compassion

To what degree do you resonate with the tender feelings of others?

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LO 1 2 3 4 5 HI

### Imagination

How able are you to create out of your own vision or to experiment with new ideas and ways of doing things?

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LO 1 2 3 4 5 HI

### Intense Discernment

How do you rate your keenness of intellectual perception?

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LO 1 2 3 4 5 HI

### Sense of Meaning

How important are your sense of purpose and the ideals you apply to subjects ranging from the humanities to art to the sciences to life itself?

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LO 1 2 3 4 5 HI

# Strengths Questionnaire (Continued)

## 5. The Observer

### Ability to Focus

To what length can you concentrate on a single activity?

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	<b>LO</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>HI</b>
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### Complex Thinking

How do you rate your capacity to comprehend and work with complicated information?

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	<b>LO</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>HI</b>
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### Objectivity

How fair, impartial, and nonjudgmental can you be?

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	<b>LO</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>HI</b>
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### Sensitivity

How would you rate your own kindness and/or your responsiveness to refined expressions of feelings in others or in literature or art?

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	<b>LO</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>HI</b>
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### Working Independently

To what degree are you self-directed, preferring to work on your own projects for long periods of time?

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	<b>LO</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>HI</b>
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# Strengths Questionnaire (Continued)

## 6. The Questioner

### Exactness

How do you rate your preference for being detail oriented and/or meticulous?

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LO 1 2 3 4 5 HI

### Identifying with Others

To what degree can you put yourself in the place of your co-workers, team leaders, and/or clients?

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LO 1 2 3 4 5 HI

### Problem Solving

How skilled are you in working out solutions to difficult questions or problems?

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LO 1 2 3 4 5 HI

### Skepticism

To what degree do you have a doubting or questioning mind?

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LO 1 2 3 4 5 HI

### Taking Precautions

How watchful and proactive are you when it comes to avoiding possible injuries, losses or mistakes?

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LO 1 2 3 4 5 HI

# Strengths Questionnaire (Continued)

## 7. The Adventurer

### Enthusiasm

To what degree do you infect others with your excitement at work?

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LO 1 2 3 4 5 HI

### Idealism

To what degree do you guide your work by noble concepts, meaningful principles, or artistic vision?

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LO 1 2 3 4 5 HI

### Seeking Challenge

How important is it to you to seek physically or mentally stimulating undertakings?

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LO 1 2 3 4 5 HI

### Social Networking

To what degree do you reach out to new people, stay informed by exchanging information among experts, and keep in regular contact with many associates?

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LO 1 2 3 4 5 HI

### Multi-disciplinary Thinking

To what degree do you use diverse skills, switch adeptly from one topic to another, and apply ideas from various sources to your work?

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LO 1 2 3 4 5 HI

# Strengths Questionnaire (Continued)

## 8. The Asserter

### Clarifying

How skilled are you in determining facts and explaining the course of action that needs to be taken?

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LO 1 2 3 4 5 HI

### Competitiveness

How strong is your desire to win, including the willingness to engage in conflict in order to do so?

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LO 1 2 3 4 5 HI

### Leadership

To what degree do you guide the group to decisions or make quick decisions yourself when that is called for?

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LO 1 2 3 4 5 HI

### Protectiveness

How strong is your drive to help and defend other people?

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LO 1 2 3 4 5 HI

### Self-reliance

To what degree do you rely upon your own capabilities, judgments, and resources rather than on others'?

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LO 1 2 3 4 5 HI



# Strengths Questionnaire (Continued)

## 9. The Peace Seeker

### Capacity to Repeat

Rate your tolerance for doing one thing over and over and your ability to deliver consistency.

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LO 1 2 3 4 5 HI

### Empathy

How well do you listen in order to understand and experience the feelings or attitudes of another person?

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LO 1 2 3 4 5 HI

### Mediating

Rate your ability to help differing parties negotiate or see one another's point of view.

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LO 1 2 3 4 5 HI

### Synthesizing Information

Rank your ability to research and examine various forms of information and relate them to one another within a broader perspective.

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LO 1 2 3 4 5 HI

### Teamwork

How well do you cooperate with the group, acting together in the interest of a common cause?

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LO 1 2 3 4 5 HI