

Top 10 Things to Do Now That You Know Your Strengths

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1. EXPLORE THEME DYNAMICS

This is how Strengths influence each other based on proximity.

Example: How would Responsibility look like with Achiever right next to it? How does that differ if Responsibility is in the top 5 and Achiever is in the bottom 5?

2. LEARN A LITTLE BIT ABOUT EACH OTHER STRENGTH

Not just your top Strengths. Read up or watch on YouTube.

I've created a series where you can learn about each Strength in under 5 minutes. It's a great resource for fast learning.

3. EXPLORE THE 4 DOMAINS OF LEADERSHIP

This is how you navigate life – how you build relationships & how you get things done.

4. DISCUSS THE RESULTS

Talk to other people about your Strengths. Conversations help you gather ideas, but also teach you how to talk about yourself naturally by providing the language & structure to declare your Talents & Strengths.

5. COMPARE YOUR STRENGTHS

Find other people who have taken the CliftonStrengths Assessment & discuss your shared Talent Themes. You will see how each Strength shows up differently for different people based on life experiences & Theme Dynamics.



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6. DESIGN YOUR STRENGTHS DECLARATION

Create a statement, mantra, or affirmation that describes your Strengths in your own words that highlights how they help you be happy & successful.

7. ANCHOR YOUR STRENGTHS

Anchor your Strengths with key phrases, objects, or scent to create an intentional trigger to tap into your Strengths for in the moment support. **See Aromatic Anchoring page on my website for my method.**

8. PRACTICE ANCHORING

This will help you **think about your Strengths every day** & learn to use them for high productivity & joy.

9. DECONSTRUCT YOUR PAST SUCCESSES

This way you get to see which Strengths you lean on in which scenarios so you **know how to plan future goals based on repeatable success patterns.** And then plan out a goal using your Strengths & put it into practice.

10. START STRENGTHS SPOTTING

Catch yourself in the moment and ask. "What Strengths is showing up right now?" **Look for Strengths in yourself and in the people around you.** You can even do this with characters in books and on screen. See Strengths being played out in real time.

VISIT MY WEBSITE FOR MORE INFORMATION ON YOUR STRENGTHS & THIS ASSESSMENT & WAYS TO WORK WITH ME ON YOUR TALENTS.



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