Activity: StrengthsFinder® Reflection

Purpose
The purpose of this activity is to have the student reflect on his or her reaction to the StrengthsFinder Signature Theme report.

Materials
• StrengthsFinder Reflection worksheet
• Signature Theme Report from the StrengthsQuest web site

Directions
• Hand out the StrengthsFinder Reflection worksheet as homework, or use it for an in-class reflection.
• In pairs, ask students to discuss their reflections and what insights those reflections provide.
• Have the students share some of their reactions and insights with the larger group.
StrengthsFinder® Reflection

1. What was your first reaction to the Signature Themes on your StrengthsFinder report?

2. What Signature Themes do you feel fit you best? Why?

3. Which of your Signature Themes hold the talents you use most frequently? Where do you use them?

4. Were there any surprises?

5. Which talents do you most want to develop?