
Ashtyn McQuaid, RN-BSN

Strengths Insight Guide

SURVEY COMPLETION DATE: 12-27-2022



DON CLIFTON

Father of Strengths Psychology and
Inventor of CliftonStrengths

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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. Futuristic
2. Empathy
3. Positivity
4. Connectedness
5. Responsibility

Futuristic

SHARED THEME DESCRIPTION

People who are especially talented in the Futuristic theme are inspired by the future and what could be. They inspire others with their visions of the future.

YOUR PERSONALIZED STRENGTHS INSIGHTS

What makes you stand out?

It's very likely that you may feel wonderful when people value your innovative ideas. Perhaps you help them envision what can be accomplished in the coming months, years, or decades. By nature, you are sometimes filled with hope as you think about the good things you might accomplish in the coming months, years, or decades. Perhaps this reinforces your sense of personal well-being. When you are forced to concentrate solely on current situations, you may become less enthusiastic about life. Because of your strengths, you have a capacity for envisioning what the coming months, years, or decades could, should, or will be like. Frequently you are prompted to transform your ideas into things you can touch, taste, see, smell, or hear. Driven by your talents, you may be viewed by some people as an innovative and original thinker. Perhaps your ability to generate options causes others to see there is more than one way to attain an objective. Now and then, you help certain individuals select the best alternative after having weighed the pros and cons in light of prevailing circumstances or available resources. Instinctively, you occasionally aim for the topmost title or prize. With some forethought, perhaps you generate alternate tactics. Your options may give you an edge over people whose performances or results are being compared to yours.

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?

Empathy

SHARED THEME DESCRIPTION

People who are especially talented in the Empathy theme can sense the feelings of other people by imagining themselves in others' lives or others' situations.

YOUR PERSONALIZED STRENGTHS INSIGHTS

What makes you stand out?

It's very likely that you may experience a feeling of exhilaration each time you brighten someone's day. Perhaps your buoyant and cheerful demeanor — that is, outward behavior — enhances your own as well as others' quality of life. Because of your strengths, you might be drawn to certain kinds of numerical data. Perhaps you can identify recurring sequences of numbers. Maybe they convey special meanings to you. Sometimes data predicts trends, signals danger, or promises opportunity. You might sense how some of the conclusions you draw will emotionally impact individuals or groups. By nature, you sometimes long to be befriended by just about everyone you meet. Perhaps your intuition helps you distinguish between those who do and do not enjoy your company. You might figure out who is simply going through the motions of being nice. Or you might determine who holds you in high regard. Certain people can hurt your feelings. You may decide to spend more time with a few individuals who genuinely like you. Chances are good that you might be aware that certain coworkers benefit from your approval or compliments. Perhaps you sense when a person needs to hear kind, encouraging, or supportive words from a colleague. Maybe you enjoy celebrating the contributions, strengths, discoveries, or victories of some individuals. Driven by your talents, you have quick and ready insights into the moods and emotions of individuals. This awareness amplifies your effectiveness as a trainer, guide, or coach. Your sensitivity allows you to help people express what they are thinking and feeling.

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Positivity

SHARED THEME DESCRIPTION

People who are especially talented in the Positivity theme have an enthusiasm that is contagious. They are upbeat and can get others excited about what they are going to do.

YOUR PERSONALIZED STRENGTHS INSIGHTS

What makes you stand out?

It's very likely that you may feel jubilant about life when you can lead the charge, design a project, roll out a program, or rally people to work on a cause. Chances are good that you repeatedly go out of your way to support, inspire, motivate, or embolden various individuals. You likely regard this task as worthy of your effort and time. Because of your strengths, you inspire individuals by telling them what they do well. You intentionally look for the good in people. You make sure they know how much you appreciate their talents and their results. People often thrive when you are part of their lives. By nature, you might feel good about life when you can concentrate your mental and physical capabilities on current events, people, or issues. Perhaps the present holds more fascination for you than the past. Instinctively, you may feel that your life is more meaningful and you are happier when you can dedicate yourself to something important to humankind. It might be something simple rather than something grand. Perhaps you sense that your acts of kindness influence certain individuals to perform good deeds. Maybe you inspire generosity in some people.

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Connectedness

SHARED THEME DESCRIPTION

People who are especially talented in the Connectedness theme have faith in the links between all things. They believe there are few coincidences and that almost every event has a reason.

YOUR PERSONALIZED STRENGTHS INSIGHTS

What makes you stand out?

It's very likely that you assert — that is, declare and affirm — that every person comes into your life for a definite purpose. This explains why you launch into discussions or engage in small talk with people you are meeting for the first time. You really want to figure out why your paths in life have crossed. Chances are good that you sense you are linked to all humanity. You contend that harming another human being eventually harms you. Misusing the environment has personal consequences, you argue. This perspective on life influences your thoughts, actions, decisions, or choices. Instinctively, you often are instrumental in helping your teammates discover how they are linked to one another. You regularly remind them that their successes and failures are a direct result of their ability to work together. By nature, you routinely isolate facts that link ideas, events, or people. You are especially sensitive to how one person's optimistic or negative thoughts can affect the entire human family. This prompts you to pay close attention to what individuals and groups think and do. Because of your strengths, you often are the one who helps people understand how they are linked across time, distance, race, ethnicity, religion, economic levels, languages, or cultures. You make it possible for individuals to work together. You aim to break down barriers that separate them.

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Responsibility

SHARED THEME DESCRIPTION

People who are especially talented in the Responsibility theme take psychological ownership of what they say they will do. They are committed to stable values such as honesty and loyalty.

YOUR PERSONALIZED STRENGTHS INSIGHTS

What makes you stand out?

Because of your strengths, you conduct yourself in a proper, ethical, legal, and upright manner to avoid feeling you have done something wrong. You truly regret making a mistake, violating a rule, breaking a trust, or producing poor results. You set high standards for yourself in various areas of your life. By nature, you may be happier with your life when acquaintances and friends acknowledge your exceptionally responsible behavior. Perhaps they count on you to handle important as well as everyday tasks. Some people automatically trust you. Why? They might realize you are serious about meeting deadlines, keeping promises or paying attention to details. It's very likely that you willingly undertake additional tasks. Because you are tireless, you want to keep busy. You delight in taking full ownership of your work. You continually discover more things you can do, should do, or must do. You willingly accept the consequences of your words, actions, and lack of action. Instinctively, you are hardwired to do exactly what you said you would do. Your word is your bond. You are likely to earn the respect of many people. You even win over those who have a hard time trusting anyone. Why? You rarely disappoint them. Chances are good that you do much more than just try to live up to your commitments. You persist working until you can deliver on your promises. This certainly enhances your reputation for being trustworthy, reliable, and dependable.

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