

Session 2: Homework Assignment

Part I:

- Register with StrengthsQuest and take the StrengthsFinder.
- Follow the instructions on the other side of this sheet.
- You will need to allow about an hour to do this.
 - It will take a few minutes to register and then you should allow about 45 minutes of *uninterrupted* time to take the StrengthsFinder.
- When taking StrengthsFinder you should *choose the item that is **most** like you*.
 - You should make an actual choice on as many items as you can.
 - Do not spend too much time “debating” which phrase to choose – you will only get about 15-20 seconds per pair and then the neutral button is marked and the next pair of statements is presented.
 - If you choose the middle or neutral on the assessment too many times – it is highly likely you will not get a report, or an adequate report, because of insufficient data.
- If for some reason you have technical problems – you can email strengthsquest@gallup.com or call 888-211-4049. The business hours are 7 a.m. – 6 p.m.

Part II:

- After taking StrengthsFinder
 - Print out your top five strengths and the descriptions
 - After you have read over your strengths and descriptions, highlight or underline any particular words or phrases that stand out.
 - Then:
 - Contact 2 people that know you well and read these “descriptions” to them.
 - Ask them, “Does this sound like me?”
 - Ask them to give you an example or two.
 - Write down the examples.
 - Bring all print outs to the next class session.
- Read Chapter 3 – Affirming Your Strengths.