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## **Strengths Development Reflection Guide**

### **Self-Awareness and Discovery**

1. Which of your Top 5 CliftonStrengths surprised you the most? Why?
2. Which strength do you feel most accurately represents how you operate daily?
3. How do your strengths show up when you're at your best?
4. Are there any strengths you've undervalued or dismissed in the past? What changed?
5. In what environments or situations do your strengths naturally emerge?

### **Relationships and Team Dynamics**

1. How do your strengths influence the way you build relationships or collaborate with others?
2. How do your strengths complement or contrast with the strengths of your team or peers?
3. When have you experienced conflict or tension due to differences in strengths? How did you navigate it?
4. How can you use your strengths to support or uplift someone whose strengths differ from yours?
5. What strengths do you admire in others that you'd like to better understand?

### **Goal Setting and Application**

1. How can you use one of your top strengths to help achieve a personal, academic, or professional goal?
2. Think about a recent challenge—how did your strengths help you face it?
3. Are there any strengths you want to develop more intentionally this semester? What actions could support that growth?
4. How can you align your daily habits or routines with your strengths?
5. What strengths do you want to rely on more when under stress or pressure?

## **Growth and Development**

1. Which of your strengths has evolved the most over time? What contributed to that change?
2. Are there moments when a strength of yours feels like a weakness? What's the root of that?
3. What feedback have you received that connects to your strengths—either positively or as a growth area?
4. How do your strengths help you handle failure or setbacks?
5. How do your strengths help you build resilience or adapt to change?

**Purpose, Leadership, and Legacy**

1. How can you use your strengths to lead more authentically?
2. What kind of impact do you want to have on others, and how do your strengths support that vision?
3. How do your strengths connect to your values or sense of purpose?
4. What does "success" mean to you—and how do your strengths help define or shape it?
5. When you think about the legacy you want to leave behind, which strengths will be most important?