

**Sources of Strengths**  
www.dailyplanit.com

- Myers-Briggs personality
- Add free assessments →
- Talents (Gardner)
- Character strengths (VIA)
- Holland code
- Explore DISC
- Strengthsfinder (Clifton) \$

Clifton Strengthsfinder (fee)  
34 strengths in 4 domains

EXECUTING	STRATEGIC THINKING
Achiever	Analytical
Arranger	Context
Belief	Futuristic
Consistency	Ideation
Deliberative	Input
Discipline	Intellection
Focus	Learner
Responsibility	Strategic
Restorative	
INFLUENCING	RELATIONSHIP BUILDING
Activator	Adaptability
Command	Connectedness
Communication	Developer
Competition	Empathy
Maximizer	Harmony
Self-Assurance	Includer
Significance	Individualization
Woo	Positivity
	Realtor

<https://www.gallup.com/cliftonstrengths/>

HOLLAND CODE STRENGTHS

Realistic (R) Doers Hands on Active Practical Problem-solvers	Investigative (I) Thinkers Curious Analysts Research Investigate ideas
Artistic (A) Creators Creative Imaginative Intuitive Expressive	Social (S) Helpers Empathetic Helpful Teachers Counselors
Enterprising (E) Persuaders Persuasive Energetic Achievers Leaders	Conventional (C) Organizers Detail-oriented Efficient Planners Organizers

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Red Bull Wingfinder (free)

25 strengths in 4 areas

DRIVE	THINKING
Patient	Agile
Disciplined Achiever	Analytic
Modest	Balanced learner
Confident	Hands-on learner
Relaxed	Intuitive
CREATIVITY	CONNECTION
Classical	Direct & Diplomatic
Open to experience	Autonomous
Focused	Supportive
Adaptable	Emotive
Pragmatic	Balanced
Innovative	Independent
	Sociable

[www.wingfinder.com](http://www.wingfinder.com)

High Five (free)

20 strengths in 4 areas

DOING	THINKING
Believer	Analyst
Deliverer	Brainstormer
Focus Expert	Philomath
Problem Solver	Strategist
Time Keeper	Thinker
MOTIVATING	FEELING
Catalyst	Chameleon
Commander	Coach
Self-believer	Empathizer
Storyteller	Optimist
Winner	Peacemaker

<https://high5test.com/>

VIA CHARACTER STRENGTHS

<b>Courage</b> honesty bravery persistence zest	<b>Humanity</b> kindness love social intelligence	<b>Justice</b> fairness leadership teamwork
<b>Temperance</b> forgiveness modesty prudence self-regulation	<b>Transcendence</b> appreciation of beauty gratitude hope humor religiousness	<b>Wisdom</b> creativity curiosity open-mindedness love of learning perspective

MYERS-BRIGGS STRENGTHS

Extrovert	↔	Introvert
Action oriented		Deep focus
Expressive communicators		Reflective & Deliberate
Broad interests		Observant & Attuned
Initiate connections		Value quality relationships
Problem-solvers		Introspective
Judging	↔	Perceiving
Structured & Organized		Adaptable & Flexible
Decisive & Goal-Oriented		Open-Ended
Disciplined		Improvisational
Proactive		Curious
Sensing	↔	INTuition
Practical & Realistic		Big-Picture Thinkers
Detail-Oriented		Imaginative & Creative
Present-Focused		Future-Oriented
Methodical		Strategic
Hands-On		Abstract & Conceptual
Thinking	↔	Feeling
Logical decision making		Values based decision making
Focus on finding truth		Focus on harmony
Clear, direct communication		Tactful, supportive communication
Fair to all equally		Fair to individuals
Find reasonable solutions		Help others

DISC STRENGTHS

Dominance RED direct and decisive confident leaders take on challenges solve problems	Conscientious BLUE logical thinking accurate analytical practical
Influence YELLOW enthusiastic & inspiring optimistic & adaptable sociable creatives	Steadiness GREEN stable & supportive reliable & consistent patient & calm

GARDNER'S MULTIPLE INTELLIGENCES

- Word Smart (languages, writing, etc.)
- Number/Logic Smart: (statistics, computing etc.)
- Picture Smart: (art activities, photography etc.)
- Body Smart: body and hands (athletics, craftsmanship etc.)
- Music Smart: (singing, playing an instrument etc.)
- People Smart: (psychology, counseling, teaching etc.)
- Self Smart: (personal growth and development)
- Nature Smart (geography, biology, botany, etc.)