

## **Project**

Write a personal analysis of your StrengthsFinder Top 5 Themes and an overview of your behavioral traits.

It's really easy, and you can complete it quickly.

**Your personal analysis should be about ½ - ¾ page and no more 1 page.**

This project should have a practical use. You should be able to use your personal analysis to better understand yourself and to share with your team and your manager. If you are a student, share with your professors, Clinical Instructors, Classmates, and those with whom you interview.

Organize it like this:

1. Name
2. List your Top 5 Strengths plus 2-5 more that you think describe you
3. Write 3 Words or short phrases that Describe You
4. In one paragraph, describe in your own words – narrative - how the strengths interact and are displayed in your day-to-day behavior, thinking style, and problem solving processes.
5. In your second paragraph, given that your top 7-10 strengths don't tell everything about you, briefly describe how you generally act and behave in a work/clinical setting. Describe behavior and actions that are positive, and list aspects of your behavior and preferences that

See the Example:

## Example

Name Beth Jones

My Top 7 Strengths: *Adaptability* *Harmony* *Connectedness* *Consistency* *Restorative* *Achiever* *Maximizer*

3 Words or Phrases that Describe me: Team-Player Problem-Solver Goal-Oriented

I am a very driven, goal oriented person. I display my *Achiever* and *Maximizer* strengths every day. I make a list of the things I want to accomplish, and I always include an area that I want to improve. I have a good understanding of my strengths, and I strive to improve them. My favorite book is “*Good to Great*”. My *Adaptability* and *Harmony* strengths work together to allow me to adapt to situations in which I can help team members get along and work well together; I am flexible and use my flexibility to help those on the team get along better. My *Consistency* and *Harmony* strengths move me to treat people consistently in the spirit of helping everyone get along together. I don’t like to see anyone get advantages over others in undeserved ways. These 3 strengths keep me flexible and help me contribute effectively as a team builder and team player. My *Connectedness* and *Restorative* strengths help me analyze situations in order to see why things happen; I see the relationship between events and use that ability to resolve problems and challenges. I am a good problem-solver with patients and on team projects.

I bring a positive spirit with me every day, and people consider it fun to work with me. Physical therapy is a great fit for my personality because I enjoy interacting with people, am very caring, and get deep satisfaction from helping people. I have a strong work ethic, enjoy being busy, and work at a fairly quick pace. Sometimes I can become frustrated if I am in a situation where I have to make decisions without having the skill or knowledge to do so effectively. In those situations I benefit from having a professor, classmate, mentor, or CI who takes the time to help me through that situation in order to learn from it. In this way, I feel I can perform at my highest level and learn from both my successes and mistakes. My long-term goals are to work in an orthopedic clinic and someday be an owner of a private practice.