**StrengthsQuest™ Reflection**

**“Who am I as a Leader?”**

**Learning Outcomes:**

1. Reflect on your personal strengths and identify how these strengths are beneficial to yourself and others.
2. Analyze how your personal strengths could be a liability when working independently and in a group.
3. Review your top strength themes and determine which action you are most likely to take for each strength theme.
4. Determine how you will use your strengths to contribute effectively to a team when working on a group project.

**Grading:** You will be graded based on thoughtfulness, thoroughness, and completeness for professionalism credit.

**Directions:** Download your Strengths Insight and Action-Planning Report from StrengthsQuest™. Focus this reflection on ‘Section 1: Awareness’ only. For each of your top 5 themes, you will see a ‘Shared Theme Description’ and a section on ‘Your Personalized Strengths Insights’. Please use this information to answer the questions below. Turn in this assignment via Blackboard by 9/28/17, 3:00 pm.

1. Theme 1 (please list):
   1. Based on ‘your personalized strength insights’, what would you like for others to see most in you?
   2. What do you think some potential downsides might be to this theme and/or ‘your personalized strength insights’? (This can be professional and/or personal.)
2. Theme 2 (please list):
   1. Based on ‘your personalized strength insights’, what would you like for others to see most in you?
   2. What do you think some potential downsides might be to this theme and/or ‘your personalized strength insights’? (This can be professional and/or personal.)

3. Theme 3 (please list):

1. Based on ‘your personalized strength insights’, what would you like for others to see most in you?
2. What do you think some potential downsides might be to this theme and/or ‘your personalized strength insights’? (This can be professional and/or personal.)

4. Theme 4 (please list):

1. Based on ‘your personalized strength insights’, what would you like for others to see most in you?
2. What do you think some potential downsides might be to this theme and/or ‘your personalized strength insights’? (This can be professional and/or personal.)

5. Theme 5 (please list):

1. Based on ‘your personalized strength insights’, what would you like for others to see most in you?
2. What do you think some potential downsides might be to this theme and/or ‘your personalized strength insights’? (This can be professional and/or personal.)

Directions: Download your Strengths Insight and Action-Planning Report from StrengthsQuest™. Focus this reflection on ‘Section 2: Application’ only. For each of your top 5 themes, you will see a list of ‘Ideas for Action’. Please use this information to answer the questions below.

Top 5 Themes Assessment

1. Theme 1 (listed above):

a. Which action are you most likely to take? Why?

2. Theme 2 (listed above):

1. Which action are you most likely to take? Why?

3. Theme 3 (listed above):

1. Which action are you most likely to take? Why?

4. Theme 4 (listed above):

1. Which action are you most likely to take? Why?

5. Theme 5 (listed above):

1. Which action are you most likely to take? Why?

Group Work Application

6. What 2 actions are you most likely to apply to your approach to your group work for the Community Pharmacy Project? (This can be an action item from your ‘Top 5 Themes Assessment’, but does not have to be.)

a. Action 1:

b. Action 2:

7. How will you hold yourself accountable to apply these actions (listed above) to your group work, as you work on the Community Pharmacy Project?

a. Action 1:

b. Action 2: