

CLIFTON YOUTH
STRENGTHSEXPLORER

W O R K B O O K

Why open this book?

1 It's *all about you*.

2 It will help you learn about *who you are*.

3 It will help you *make the most of who you are*.

Everyone is different. No two people are exactly the same. Some people enjoy talking; some are quiet. Some people like to sit and read; some like to run around. Some people like to have a lot of friends; some have more fun with just a few friends. We are unique because we think in certain ways, feel in certain ways, and behave in certain ways. It's just who we are, and that's good.

We call these natural ways of thinking, feeling, and behaving our **talents**. **We each have great talents**, and the more we know about them, the more we can understand what makes us special and how we can use our talents to do things really well. The Clifton Youth StrengthsExplorer report helps you think about your talents by describing three of your top themes of talent.

As you look through the pages of this workbook, you will learn more about what makes you uniquely and wonderfully you. Do whatever you want to make your workbook yours. Feel free to **mark it up, draw on it, or bend it** every which way. Use it your way, and use it a lot. The more you learn about your talents, the more you will be able to use them today, tomorrow, next year, and beyond!

About You

1

Every theme description is like a list of talents that might describe you. Read your report, and highlight the parts that are most like you. Then, write down the parts of each theme description that describe you best.

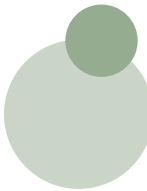
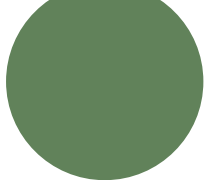
Theme Name

Theme Name



Theme Name





2

Write about a time when you have used these talents recently.

Theme Name

Theme Name



Theme Name

YOU

YOU

3

PAST...

3 Think about when you were younger. Were there times in your life when you used these talents? Write about these times below.

Theme Name

Theme Name

Theme Name



and FUTURE

4

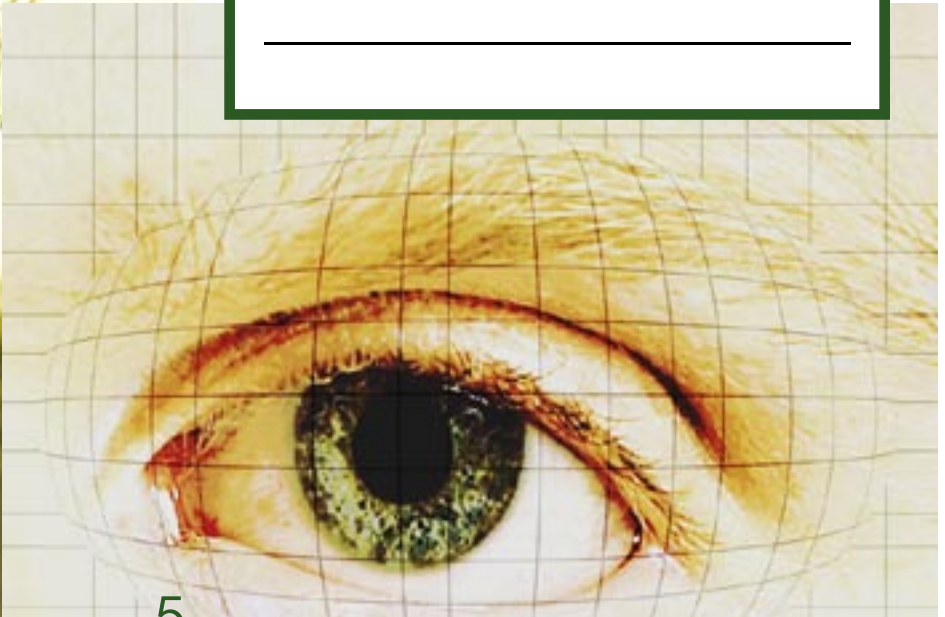
Picture yourself in the future. Do you think there will ever be times or places in which you might use these talents? What about in high school, college, work, or other parts of your life? Write about these below.

Theme Name

Theme Name



Theme Name



5

WHAT'S RIGHT?

Make a list of all the positive words you can think of to describe yourself...

Now look at your report. What positive words can you find to add to your list?

Would you like to think more about your talents?

On this page and the next one are a few ideas.
Can you think of others?

TOP 3 THEMES

WRITE YOUR TOP THREE
THEMES ON A NOTE CARD
AND HANG IT IN A PLACE
WHERE YOU WILL SEE IT.

1 2 3



Draw a picture or a cartoon about a time when you lived out talents from a theme. You may want to include bubbles with words that capture what people said.

If you want to, share this with someone special in your life.

Write the theme descriptions in your own words. Take a piece of paper and write what one, two, or three of them mean to you. You can use some of the words that you see in the report and some of your own. Or, use all your own words.



**MAKE A SIGN
OR POSTER FOR YOUR
ROOM THAT WILL HELP YOU
REMEMBER YOUR TOP THREE
THEMES. HANG IT IN A PLACE
WHERE YOU WILL SEE IT
EVERY DAY!**



Think about one of your top themes for a whole week.
Talk with a special person about what you noticed,
learned, or wondered about.

Or, *write about it* if you like

***Can you figure out a way to save those thoughts and go
back to them in 3 months, 6 months, or 12 months?***



PEOPLE WHO KNOW...

YOU

<i>What positive words do people use to describe you?</i>	WHO USES THESE WORDS TO DESCRIBE YOU?	What words from your report would these people use to describe you?

Ask someone who knows you really well to read through your report and point out sentences that he or she thinks fit you best.

Ask your mom, dad, teacher, friend, brother, or sister to tell you about a time when he or she saw you using these talents.

USING YOUR TALENTS

Your Clifton Youth StrengthsExplorer report lists some “action items.” These activities are designed to put your talents into action! On this page, you’ll find some ways to start using your action items. Refer to this page often — the more action you take, the more you will grow your talents.

1

Read through the action items for your **FIRST THEME** and pick one that you plan to do.

THEME NAME: _____

What action do you plan to take?

Pick an action item for your **SECOND THEME**.

THEME NAME: _____

What action do you plan to take?

3

Pick an action item for your **THIRD THEME**.

THEME NAME: _____

What action do you plan to take?

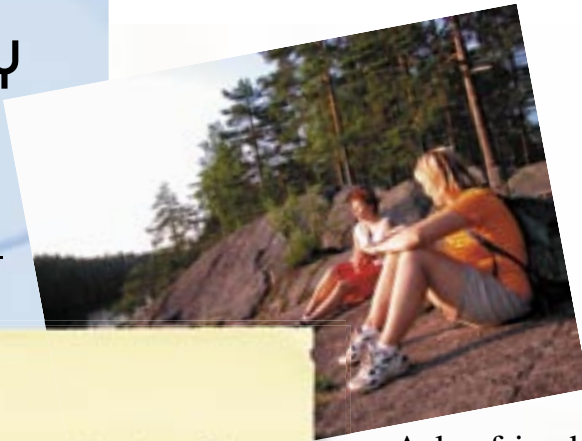
● TAKE ACTION!

Take Action!

Choose a date when you will read through your Clifton Youth StrengthsExplorer report again. Mark it on your calendar or the family calendar.

Date: _____

Consider selecting an action item that you would do with your mom, dad, brother, or sister. Then talk to that person about getting started.

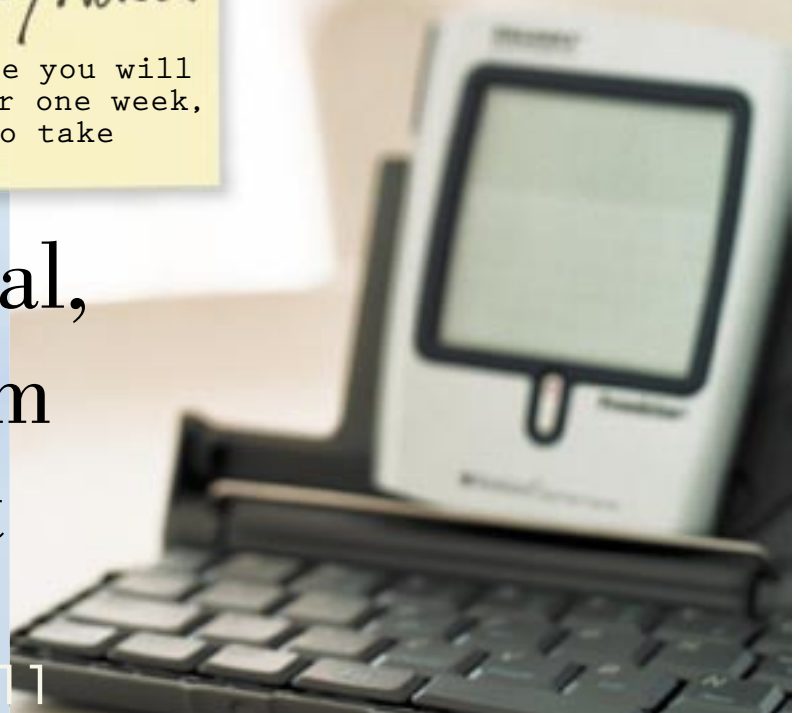


WRITE A COUPLE
ACTION ITEMS ON
YELLOW STICKY NOTES.

Post them somewhere you will see them. Then, for one week, try to find ways to take that action.

Ask a friend to do one of the action items with you. Do it and talk about it afterward; then pick another one to do together.

If you keep a journal, select an action item and make note of it in there.





Talents in Action

Use this page to write down things you do that you feel good about. How did you use your talents? Add to this as often as you can.

<i>What did you do that you are proud of?</i>	WHEN DID THIS HAPPEN?	What talents did you use?



Remember, you can do and achieve more
by using your talents.

So...

***Notice them,
use them,
and share them!***



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STRENGTHS EXPLORER

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