



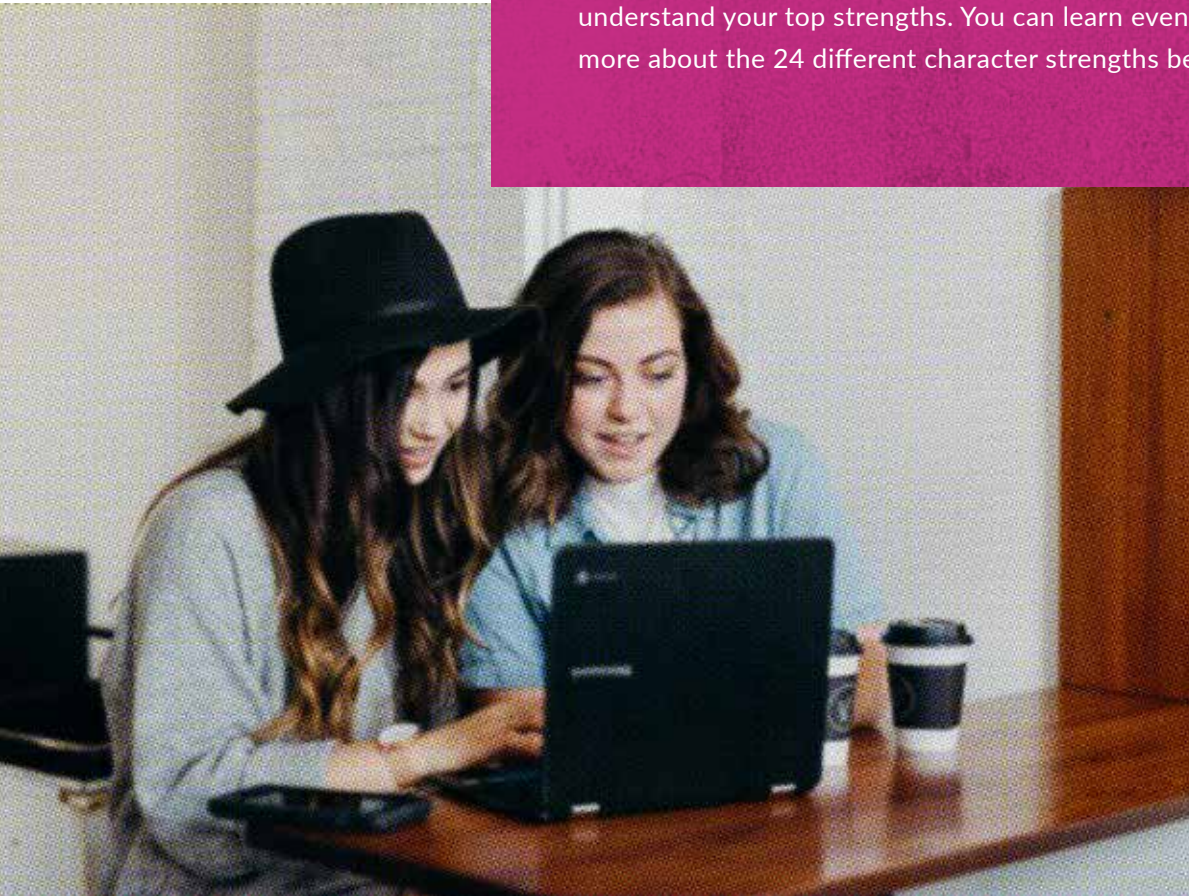
KNOWING YOUR **STRENGTHS**

By Greg Skloot, President of **Crystal** 

KNOWING YOUR STRENGTHS

When you're able to recognize and understand your strengths, you can become more effective and confident in your own abilities, passionate in your work, and happier overall. If you aren't aware of your own strengths, you may be missing out on opportunities to contribute to the world in a way that comes naturally to you.

By focusing on what you can do best, rather than what you're not as good at doing, you can learn to confidently take full advantage of the best things you have to offer. Crystal's Strengths Assessment is available for free and can help you identify and understand your top strengths. You can learn even more about the 24 different character strengths below.



Below is a breakdown of common personality traits within each of the categories in DISC.



Appreciation of Beauty and Excellence

The Appreciation of Beauty and Excellence strength is all about the ability to recognize the beauty of the world, whether in nature, art, people, or anything else. Those who are strong in this trait are often filled with wonder when seeing something beautiful or great in their environment.

Bravery/Courage

Bravery is the ability to stand up for what's right, even when faced with hardship. Those who are brave and courageous are often comfortable facing their own fears and pushing through challenging circumstances. They tend to be morally just people who advocate for their beliefs, despite the backlash they may face.



Creativity

Creativity is the strength of seeing things in a unique way. Those who are creative are able to create useful things, think in new ways, and solve problems innovatively. They are out-of-the-box thinkers who like to try new things.

Curiosity

Curiosity is the strength of interest and exploration. People who have a strength in curiosity seek new experiences and excitement. They often enjoy learning about new people, places, and things. Curious people ask questions and look for answers on a regular basis.



Fairness

Fairness is belief in and advocacy for justice and equality. Those who are able to exhibit fairness tend to make ethical decisions that aren't affected by personal feelings or biases. They view people as equal and actively try to show others the same respect they'd like themselves.



Forgiveness/Mercy

Forgiveness is the ability to let go of past wrongdoings. People who are forgiving are readily able to give others a second chance, even if they've made mistakes in the past. Merciful people are not resentful and are able to accept others, despite their failures or imperfections.



Gratitude

Gratitude is the strength of thankfulness. It is an outward expression of appreciation for the good things that happen in life. Those who have the strength of gratitude are able to feel and express thanks for their circumstances, even when things go wrong. They are able to regularly show appreciation for others.



Honesty

Honesty is the ability to tell the truth, even when it may bring consequences. People who have the strength of honesty are authentic and sincere. They are able to take responsibility for their actions, even if the truth is embarrassing or upsetting.



Hope

Hope is the strength of remaining optimistic, even in challenging circumstances. Those who are hopeful tend to feel confident that good things will happen. They aren't easily deterred from thinking positively about the future and are likely to put in the effort needed to reach a good end goal.



Humility/Modesty

Humility is the ability to be free of pride. People who show humility or modesty often focus the attention on others, rather than themselves. They see themselves as equal to others and are able to recognize and own their flaws. Rather than allowing their accomplishments to go to their head, those who are humble tend to downplay their achievements, often choosing to lift others up instead.





Humor

Humor is the strength of fun and amusement. People who have the gift of humor are skilled at making others laugh. They are able to connect with others through humor and playfulness and tend to lighten the mood, even in sad circumstances.

Judgment/Critical Thinking

Judgement is the ability to make careful choices. Those who are skilled in judgement or critical thinking are naturally analytical. They are able to consider the facts before making decisions and tend to be skilled at thinking through different potential outcomes.



Kindness

Kindness is the strength of care for others. People who are kind are actively generous and enjoy showing compassion for others' circumstances. They regularly do good deeds and help other people whenever and however they can.

Leadership

Leadership is the ability to influence others and take charge. Those who are skilled at leading tend to enjoy organizing the broader logistics and pushing people toward a collectively beneficial goal. They are often charismatic and are likely to garner trust easily from others.



Love

Love is the strength of connection with others. People who have the strength of love are able to comfortably and openly give and receive love. They are warm, welcoming people who enjoy building close bonds with those around them.



Love of Learning

Love of Learning is the ability to enjoy building knowledge. Those who have a strong love of learning seek regular opportunities to learn and grow. They often look for any way to deepen their knowledge, whether through reading books, taking classes, discussing topics of interest with others, or experiencing new things.

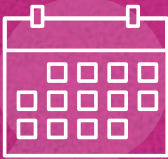


Perseverance

Perseverance is the strength of overcoming obstacles. People who have perseverance don't quit; they work steadily toward their set goals despite the challenges they may face along the way. They are able to focus on their objective and they accomplish what they set out to do.

Perspective/Wisdom

Perspective or wisdom is the ability to understand the world. Those who have a lot of perspective often learn from their mistakes and give helpful advice to others on a regular basis. They enjoy helping people make sense of their experiences and are likely to focus on the bigger picture in life.



Prudence

Prudence is the strength of planning ahead. People who show prudence are careful and patient. They think through their actions beforehand and avoid taking risks that they may regret in the future. They show a lot of care for the future in most everything they do.

Self-regulation

Self-regulation is the ability to manage impulses and emotion. Those who have the strength of self-regulation are disciplined people who regularly oversee their own habits. They can stay calm and patient under pressure and hold themselves accountable for their own actions.





Social Intelligence

Social Intelligence is the strength of knowing how to navigate social situations. People who are socially intelligent are attentive to the emotions of others, as well as the typical “social protocol” in any given situation. They understand others well and are comfortable in a variety of circumstances.

Spirituality/Sense of Meaning

Spirituality is the ability to feel connected to a greater purpose. Those who have the strength of spirituality feel like they are a part of something bigger than themselves. They actively demonstrate their beliefs through their behavior and are often very comfortable in themselves.



Teamwork

Teamwork is the strength of collaboration. People with this strength are able to work closely and patiently with others. They are active members of teams and show strong loyalty to others. Even when the work seems overwhelming, they always do their part to contribute to the team’s goal.

Zest

Zest is the ability to feel passionate about life. Those with a lot of zest tend to be full of energy and excitement. They enjoy experiencing life to the fullest and are often interested in optimistically trying new things.

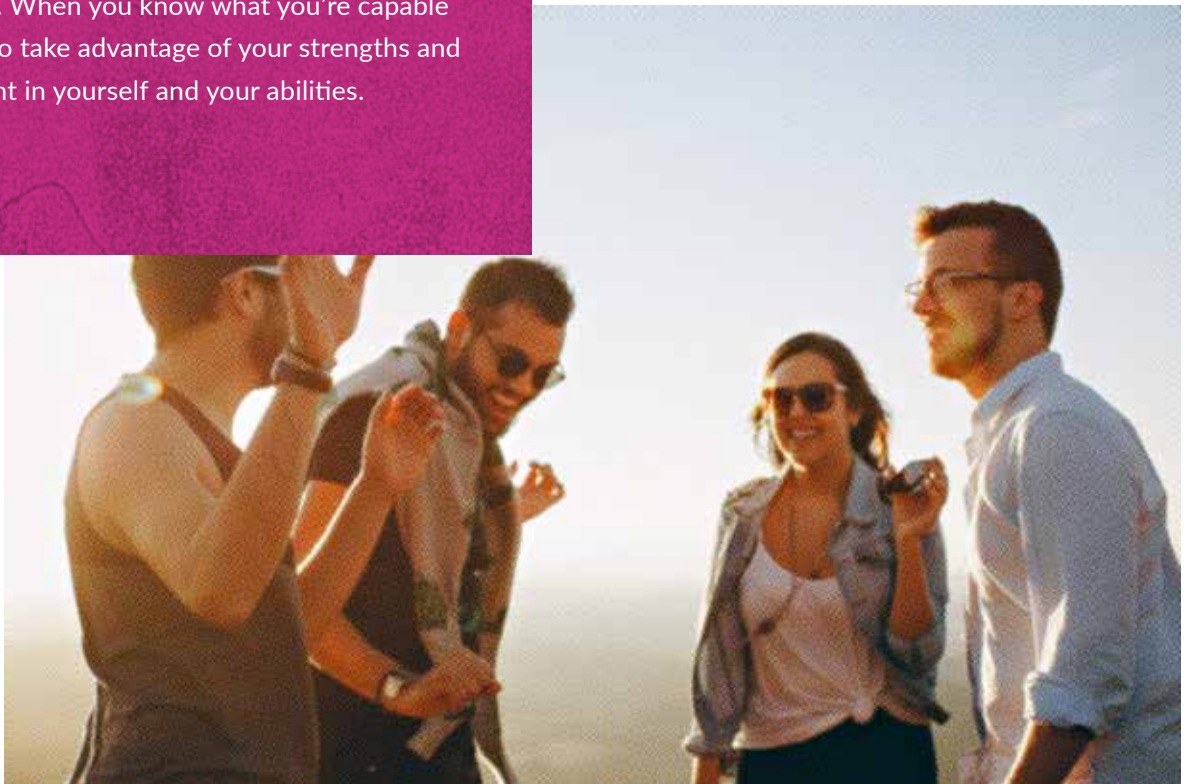


FEEL CONFIDENT IN YOUR STRENGTHS

Focusing on our strengths can have a major impact on how we view the world around us. In fact, there's even an entire field of psychology devoted to studying the strengths that help people flourish. Positive psychology was pioneered mostly by a psychologist named Martin Seligman in the 1990's. Seligman believed that if people were able to identify and use their strengths, rather than focusing so closely on their weaknesses, they would be more happy and fulfilled in their lives. While positive psychology is still an advancing field, many other psychologists believe this to be true, as well.

Understanding your own strengths can help you reach your full potential. When you know what you're capable of, you can learn to take advantage of your strengths and feel more confident in yourself and your abilities.

STRENGTHS



Create lasting value *for your clients*

Thousands of coaches and consultants use Crystal to share easy-to-use personality insights with their clients, enhance their workshops, and improve retention.



TAKES TIME TO DECIDE

MAY BE OVERLY IDEALISTIC



TRY IT TODAY

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UPGRADE TO PREMIUM