**Strength Finders Reflection**

Name

Institution

Course

Professor

Date

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My top strength at the start of the semester was my ability to adapt and learn fast, which I proved was confirmed as the semester went by. This ability to change lets me do perfectly in academic settings and perform better. Additionally, I have good communication skills that help me get my thoughts across and make it easier for people to work together and understand each other. Also, I have excellent problem-solving skills that let me look at complicated problems and find new ways to solve them. I am also very well organized, which helps me get things done quickly and consistently meet goals. Lastly, my commitment and work ethic always push me to do my best and get results. These strengths give me the power to take on tasks, work well with others, and reach my goals.

The StrengthsFinder test showed that my top strengths over the semester were analytical thought, deliberate decision-making, restorative problem-solving, positivity, and achiever. These skills greatly impacted how well I did in school and how I grew as a person. Analytical thinking was one of my most valuable skills, as it helped me break down complicated problems, collect relevant data, and make decisions based on data-driven insights. It was a crucial part of my toolbox for solving problems, an essential trait in human resources. Rath (2007) states, "Achievers tend to move on to the next challenge without acknowledging their successes." Deliberate decision-making helped me better approach problems in an organized and thoughtful way, leading to better choices.

I agree with most of what the StrengthsFinder test indicates. Some skills from the trial were analytical thinking, deliberate decision-making, restorative problem-solving, positivity, and being an achiever. These match what I think are my strengths: adaptability, communication skills, ability to solve problems, organization, and dedication. Even though my self-assessment and the test results agree, it is essential to remember that no measurement is perfect. There may be details or skills that the test does not pick up on. However, I think the strengths that were found to be mine are accurate and helpful for my work and personal growth.

Concerning the downsides of my skills, yes, I have seen possible problems. For example, my strength of being an achiever can sometimes make me overwork and forget to take care of myself. My ability to analyze things might cause me to overthink, making it hard to make decisions. But because I know about these possible problems, I can use my skills well and lessen their adverse effects. In the future, I would be a good fit for a company that is on the cutting edge and values creativity, initiative, and strategic thought. An ideal job encompasses leadership responsibilities and collaborative problem-solving within a team dynamic (Rath, 2007). My job goals will be best served if I live in a big city where I can meet new people and learn new skills. My work goals and my core skills fit together perfectly. I want to be in a position of leadership where I can use my skills to move the company forward by communicating well, understanding the big picture, and finding solutions to challenging problems.

**References**

Rath, T. (2007). *StrengthsFinder 2.0.* Ed. (1). Simon & Schuster.