

PERSONAL STRENGTHS SURVEY

By Dr. Donald Gilbert, PHD, LMHC, APA

Instructions

Circle every word or phrase that is like you.

1	Takes Charge Visionary Risk Taker Assertive Decision Maker Driven Self Reliant Competitive	Purposeful Bold Persistent Takes the Lead Likes Challenge Enterprising Determined Networker	
2		Detailed Reserved Analytical Precise Likes Order Scheduled Controlled Careful	Artistic Predictable Punctual Practical Likes Work Discerning Wants Fairness Adamant
3	Takes Risks Adventurous Energetic Promoter Fun Loving Outgoing People Oriented Likes Variety	Cheerful Creative Verbal Daring Motivator Spontaneous Seeks Excitement Tries New Things	
4		Loyal Approval Seeking Considerate Likes Routine Deep Relationships Selfless Wants Connections Likes Predictability	Listener Nurturing Pleaser Sensitive Compassionate Works Hard Cautious Curious
5	Flexible Easy-going Self Motivated Forgiving Enjoys Variety Observer	Peacemaker Seeks Serenity Accepting Willful Inquisitive Insightful	Thinker Responsive Strong Minded Perceptive

Count and double the number circled in each box.

1= 2= 3= 4= 5=

Put them in DESCENDING order:

- 1.
- 2.
- 3.
- 4.
- 5.

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Lion

Power

- Task oriented
- Builds Kingdoms (businesses)
- Some of the greatest leaders/CEO
- Networker gets others to work for him/her
- Goes to parties to network
- Likes being in control of where things are going
- Is willing to make decisions that involve some risk; business
- Motivation is success

1

Beaver

Producer

- Task oriented
- Builds Ponds (runs the business)
- Some of the greatest artists
- Hard worker, works independently
- Works at the party taking care of the details to make the party a success
- Makes decisions carefully
- Loyal in friendships
- Fewer but deeper friendships

2

Otter

Playful

- People oriented
- Promoter
- Works in sales
- Life of the party
- Works to play
- Knows no stranger, outgoing
- Seeks new and exciting adventure
- Seeks many relationships
- Makes decisions quickly and spontaneously as long as it is fun
- Motivation is being happy and having fun

3

Golden Retriever

Pleaser

- People oriented
- Uses work to build connections with people
- Conscientious worker
- Works well with others
- Goes out way to be helpful to others
- Great at party/event planning
- Works in helping professions
- Creative; gift giving
- Loyal in friendships
- Desire for deeper relationships
- Makes decisions by feeling comfortable

4

Chameleon

Peacemaker

- Task or people oriented
- Works well with others
- Goes with the flow
- Work towards compromise
- Sees others perspective
- Works independently often are entrepreneurs
- Finds people interesting
- Seeks deeper relationships but seeks to connect with many
- Motivation is looking for acceptance and serenity

5