

ARI MESA'S REPORT

StrengthsExplorer® - Powered by Gallup

Completed Oct 12, 2017

Your top 3 themes

You are the only person with your exact talents. Nobody in the world is the same as you.

3. Caring

In your heart, helping other people is very important. You want to make the world better by helping people in small ways or big ways.

you

1. Future Thinker

Your mind loves to think and dream about the future. You are a person who thinks about what is possible, not what is impossible.

2. Dependability

Trust is important to you, and you care about being seen as responsible and trustworthy. People count on you to do what you say you will do. When you make a promise, you mean to keep it.

Theme Details

Here is a complete summary of your themes from **StrengthsExplorer®**

StrengthsExplorer will help you think about your talents - the ways in which you naturally think, feel, or behave. Thinking about your talents may be new to you. The StrengthsExplorer report will help you begin to discover and talk about your greatest talents by identifying the areas, or "themes," in which they are found. Even though everyone has talents in all 10 of these themes, StrengthsExplorer tells you your top three themes. The descriptions of your top themes probably express the way you are much, or even most, of the time. Friends, parents and teachers might use similar words to describe you. Learning about your talents can help you grow and build strengths, as well as help you achieve what you want to do in your life.

You are the only person with your exact combination of talents - even if someone has the same top themes as you. As you read through your top themes, please remember that while some of the talents described may not fit you, many of the talents described should sound very familiar - and that is what's important. To learn about your own talents, pay the most attention to the sentences that sound the most like you.

Future Thinker

Your mind loves to think and dream about the future. You are a person who thinks about what is possible, not what is impossible. You like to imagine the life you will have, what new things will be invented, and what you will be able to do that you cannot do now. What kind of person will you be? How will the world be different in 10 years or 100 years? What are your dreams? Your visions of the future might be bigger than most people's because thinking big is one of your talents. You like to think about the important things in life, what they mean, and how they are connected to each other. Finding meaning is important to you. It is not enough for you to simply concentrate on what you need to do today because your mind needs more adventure than that. You spend time thinking about ideas, not just facts. Thinking big paints pictures of what the future can be.

Dependability

Trust is important to you, and you care about being seen as responsible and trustworthy. People count on you to do what you say you will do. When you make a promise, you mean to keep it. You like being chosen to be in charge of getting something done because you know it means others see you as dependable and trustworthy. Sometimes, being asked to do more is like getting a reward because it means people believe in you. Maybe you have special chores or responsibilities at home or at school. Whatever job you are given, you want to get it done. Some people might say you act older than other kids your age because you are so responsible. You can be a good example to other people. Earning the praise of teachers and parents for getting things done and doing what is right feels good to you. People count on you to do what you say you will do.

Caring

In your heart, helping other people is very important. You want to make the world better by helping people in small ways or big ways. You have a big heart. You feel good when you reach out and help people. You are the friend who includes others. When someone feels left out, you help him or her be part of your group. It is easy for you to encourage people, share with them, and help them learn. You know you have something to offer other people. Even the smallest kind deed is important in people's everyday lives. Whether you help in big or small ways, you can make a difference in your world. People count on you to be kind, thoughtful, and caring.

Action Items

Complete these items to get maximum benefits from **StrengthsExplorer®**

Below you'll find some ideas for using your greatest talents. Talents are like muscles. When you exercise, your muscles grow and become stronger. In the same way, the more you use talents, the more they can help you develop strengths. You might want to make a check mark next to the suggestions that fit you best and simply ignore the ones that don't seem to fit you today. These items are here to get you started thinking about how to use your talents. You may have other ideas that suit you well. The important thing is that you select one suggestion to put into action right away and get started using your unique talents to develop strengths.

1. Future Thinker - Action Items

- It is important to be able to dream about the future. The ability to have stories and scenes in your mind is a way to set the stage for what could be possible. It is a way to practice and rehearse what you can do in the future. Take time to daydream. Picture yourself doing what you want to do when you are in middle school, high school, or when you have a job. Where will you be, who will you be talking to, what will you look like, and what will you be learning?
- Take time to wonder. Just having time to think is important. You can be a deep thinker. Give yourself time to create, explore, and connect ideas that you like. Set aside time when you can do this. You might even want to have a certain place you can go when you want to think, explore, and dream.
- What do you like about the future? What do you think is exciting or possible? Are there comic books, science fiction books, or stories that give you ideas of what the future could be like? How about technology or inventions? Find something to read each week that helps you know more about the years to come.
- Think ahead to situations you might like to be in someday. Do you picture yourself as a student council member, tennis player, church youth leader, or volunteer? Watch what those people do. Think about what you would do or say if you were in their shoes. How would you do things? Play out conversations and actions in your mind. This will give you confidence and help you do a better job in the future.
- What do you need to know to prepare for the future? How will your life be different when you are an adult? Questions are ways to learn about the future. What do you want to know more about? Every day, find one good question to ask yourself or another person that helps you be ready for the future.

2. Dependability - Action Items

Until you get important things finished, you probably don't feel quite right. You should tell yourself "Good job" for getting schoolwork, chores, or calls to friends done without being told. Other people may need more reminders than you do. See how many things you can get done each day before you are reminded. Take pride in being able to say, "I already did it" when asked.

It's important to do what you say you will do. You like to keep your promises and you understand that keeping them builds trust. Before you make a promise, be sure it is one you want to keep and one you can keep. When people choose a friend or leader, they want to know that person can be trusted to do what they say they will do. Build a reputation that you are proud of.

You almost always know the right thing to do. If someone plans to do something that you don't think is right, don't go along with it. If a friend wants to do something that might get him or her in trouble or hurt someone's feelings, what could you say to help change his or her mind? Can you plan the right words to say in a hard situation? You can help your friends by being a good example and not going along with things that make you uncomfortable. You might be surprised that others are glad you spoke up.

Friends need someone to share their secrets with. People trust you, so they may tell you things that they don't want others to know. You prove that you deserve this trust by keeping their secrets. But, if you think somebody else needs to know this secret, help the person be brave and do the right thing. Offer to go with your friend if you think he or she needs help telling someone.

Are there some responsibilities you would like to have? Taking on more responsibility can help lots of other people. What is one new responsibility you could take on to help a teacher, parent, coach, or neighbor? Maybe this is a weekly job or is just something you volunteer to do once. Either way, you are helping someone. Some examples to start you thinking are:

- taking care of a pet
- building family or club scrapbooks
- being a crossing guard
- helping with lunch duty
- cleaning up a park
- babysitting
- mowing lawns or shoveling snow
- raking leaves
- gardening

3. Caring - Action Items

Name three of your favorite ways to help people. Take a look around your world. How can you help someone this week? From your own ideas or the list below, choose one thing and do it this week. Could you help by . . .

- babysitting?
- visiting a neighbor?
- doing schoolwork with a friend?
- washing dishes for your family?
- mowing a lawn or shoveling snow for an elderly person?
- collecting cans for recycling?
- welcoming a new kid at school?
- painting park benches?
- straightening up the classroom for your teacher?
- walking a dog?

When you notice that someone has been left out, invite that person to play or study or sit at your lunch table with you and your friends. You can help people feel welcome, included, and happy.

Can you help someone with schoolwork after yours is done? By sharing what you know, you can help others learn. Is there a student you could help each week? Take time to tell the person "Good job" when he or she does well. You'll both feel good.

Younger kids may look to you as a friend. Think of ways to teach them new things or ways to make them smile and help them have fun. They need bigger kids like you to care about them and show them why they are special.

How do you show your family that you care about them? Let your family know that you like being with them. Think about ways to spend time together, like playing games or riding bikes. Get their ideas about what is fun to do as a group. Thank them for the best times you have together.

Copyright Standards

This document contains proprietary research, copyrighted materials, and literary property of The Gallup Organization. It is only for your guidance and is not to be copied, quoted, published, or divulged to others. Gallup® is a trademark of The Gallup Organization, Princeton, NJ. All other trademarks are the property of their respective owners.

This document is of great value to you and The Gallup Organization. Accordingly, international and domestic laws and penalties guaranteeing patent, copyright, trademark, and trade secret protection protect the ideas, concepts, and recommendations related within this document.

No changes may be made to this document without the express written permission of The Gallup Organization.

Copyright © 2007 Gallup, Inc. All rights reserved.

Brought to you by Naviance's Family Connection