

Planning for Growth

Thank you for participating in today's session. This form will help you reflect on what we've discussed, plan for your growth, and prepare for our next gathering. Please take a few minutes to complete each section thoughtfully.

By providing your email, a copy of your responses will be sent to you for future reference. Please note that responses are not monitored. If you prefer not to receive responses via email, you can take a screenshot of your responses to review them later.

* Indicates required question

1. Email *

2. **Reflecting on Growth:** What is one key insight you gained today about understanding your identity, reflecting on your past, or overcoming barriers? *

3. **Identify Your Next Step:** What is one step you can take to further develop and expand your identity to positively influence beyond your current comfort zone? *

CliftonStrengths (Strengths Finder)

For our next session, we'll review your results from the CliftonStrengths (previously known as StrengthsFinder) assessment, or the High 5 Test—both valuable tools for identifying personal strengths.

To get started:

1. We recommend the [CliftonStrengths/StrengthsFinder](#) as it is the most thorough Strengths test. This is a paid option.
2. You may also visit the [High5Strengths](#) website. This option is free and takes about 15 minutes.
3. You can also order the StrengthsFinder book on Amazon or the [Gallup website](#). Please note: a used book can be interesting to look at, but the assessment access code may have been used.
4. Once you've completed the test, please take a screenshot of your results and/or bring your journal with your thoughts about your Strengths to our next Gathering.

Looking forward to our discussion!

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