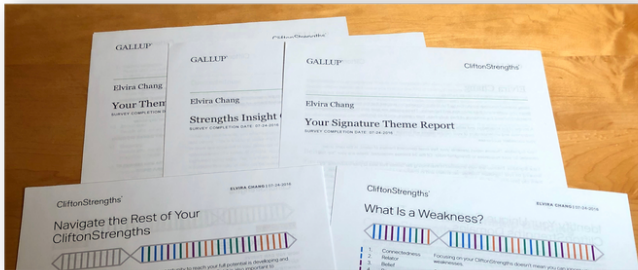


Interested in taking Gallup's StrengthsFinder* Assessment?

* Note: StrengthsFinder was officially renamed to CliftonStrengths, but is still commonly known as StrengthsFinder.

How do I take the CliftonStrengths Assessment?



CliftonStrengths is an online test taken directly through Gallup's platform.

It's a paid assessment, so first you'll need to purchase to a Code to access the test.

Where do I access the Online Assessment?

All things CliftonStrengths-related can be found directly on Gallup's platform, the **Gallup Strengths Center**:

- gallupstrengthscenter.com

You can select and purchase your Code by navigating from the menu to: **Products > Assessments**.

After purchase, you will receive an email with your Code for one-time use.

When you're ready to take the assessment, simply navigate back to the **Gallup Strengths Center**, select **REDEEM CODE**, and follow the instructions.

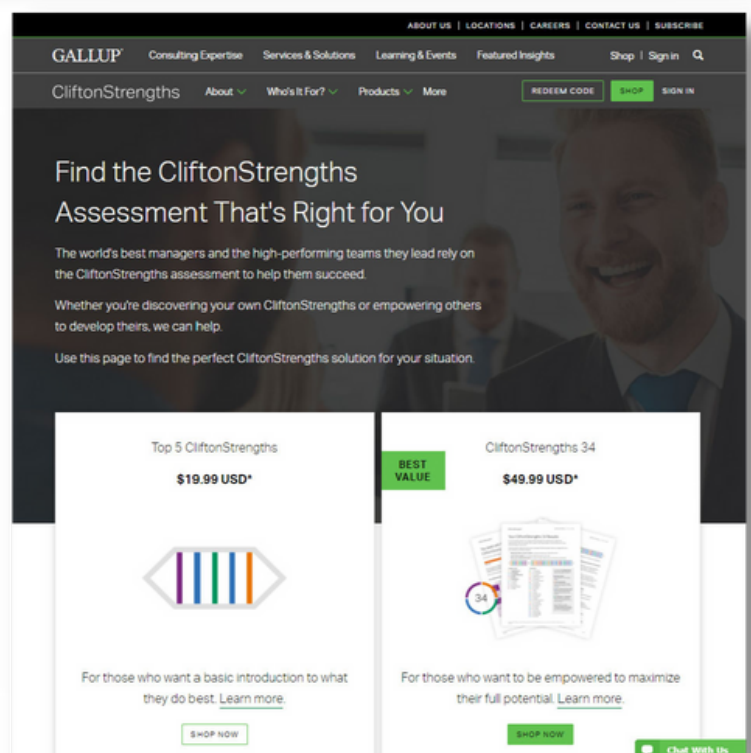
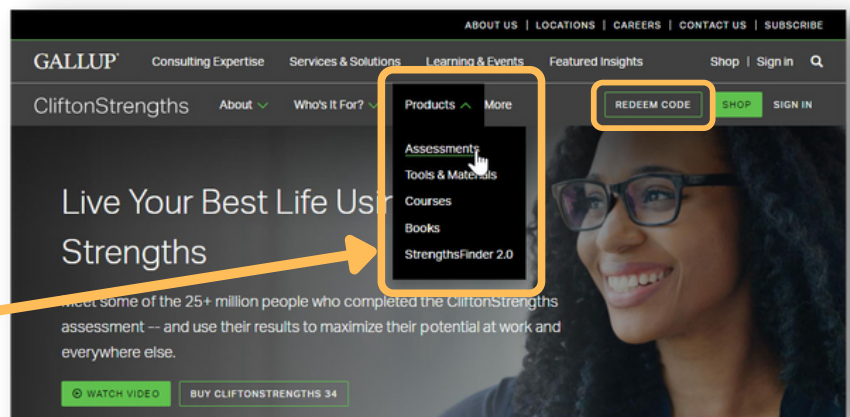
Which option should I get: Top 5 or Full 34?

Ultimately, that's a matter of preference.

From my experience, it depends on what your goals are for wanting to take the assessment.

My recommendation:

If this is your first time taking the test, start with the **Top 5 CliftonStrengths**. There's so much depth even with just your Top 5.



ELVIRA MARIE CHANG

Keeping your results short will keep you focused on your greatest areas of impact - that is, your predominant Talents. Having the full list of 34 can be distracting and overwhelming. You can be tempted to dwell on your lower themes and too much information can derail your self-work.

Once you've spent time exploring your Top 5, you can always go back to unlock more Talent Themes for greater depth and start working with your supporting themes (the next tier after your Top 5).

CliftonStrengths is incredibly powerful, so you want to take steps to walk before you try to run.

How long is the Assessment?

The Assessment is 177 questions long and is timed. You'll be given up to 20 seconds for each question, though you likely won't use the full time. **Overall, give yourself at about 45 minutes of uninterrupted time to complete the assessment.**

The idea behind limiting the time per question is so that you respond authentically. Taking longer to answer per question likely means you're overthinking. Remember, there are no wrong or right answers. Simply respond in the direction you're drawn.

If you fail to answer a question within the 20 seconds, the test will continue forward.

Recommendations when taking CliftonStrengths:

When taking assessments, there's sometimes a temptation to answer based on either:

1. who you think you should be,
2. what you think someone else wants you to be (like an employer or authority figure), or
3. based on looking at your identity in one part of your life - example: who I am at work.

This is a powerful tool than can give you insight into all parts of your life - personal & professional. So just relax, don't overthink, and go with your gut response. There are no right or wrong answers, and there are no good or bad results.

From a Practical Perspective:

When taking the assessment, make sure you have:

- a quiet space to focus,
- at least 45 minutes of uninterrupted time,
- a reliable internet connection,
- fully charged device (e.g. laptop)

When you're ready to make use of your Results,

Register for my Free



We'll discuss:

- What do your results mean to YOU?
- How do your results impact your day-to-day?
- How can you use this information to transform your life?

