



# CliftonStrengths® Top 5 for MAY ALDAHMASHI



This report presents your five most dominant CliftonStrengths revealed by your responses to the CliftonStrengths assessment. Use this report to learn more about these strengths, how they uniquely show up in your life and how you can use them to fulfill your potential.

## 1. Harmony®

You look for consensus. You don't enjoy conflict; rather, you seek areas of agreement.

## 2. Empathy®

You can sense other people's feelings by imagining yourself in others' lives or situations.

## 3. Discipline®

You enjoy routine and structure. Your world is best described by the order you create.

## 4. Achiever®

You work hard and possess a great deal of stamina. You take immense satisfaction in being busy and productive.

## 5. Relator®

You enjoy close relationships with others. You find deep satisfaction in working hard with friends to achieve a goal.

**EXECUTING** themes help you make things happen.

**RELATIONSHIP BUILDING** themes help you build strong relationships that hold a team together.

**INFLUENCING** themes help you take charge, speak up and make sure others are heard.

**STRATEGIC THINKING** themes help you absorb and analyze information that informs better decisions.



- 1. Harmony
- 2. Empathy
- 3. Discipline
- 4. Achiever
- 5. Relator

## You Are Uniquely Powerful

Your unique sequence of CliftonStrengths and the personalized Strengths Insights in this report are the result of your answers to the CliftonStrengths assessment.

We designed this report to help you learn more about your most dominant CliftonStrengths: what they are, how they interact and how to use them to succeed.

### What do the colors mean?

Each of the 34 CliftonStrengths fits into one of four domains. These domains describe how CliftonStrengths helps you execute, influence others, build relationships, and absorb and think about information.

#### EXECUTING

- | Achiever
- | Arranger
- | Belief
- | Consistency
- | Deliberative
- | Discipline
- | Focus
- | Responsibility
- | Restorative

#### INFLUENCING

- | Activator
- | Command
- | Communication
- | Competition
- | Maximizer
- | Self-Assurance
- | Significance
- | Woo

#### RELATIONSHIP BUILDING

- | Adaptability
- | Connectedness
- | Developer
- | Empathy
- | Harmony
- | Includer
- | Individualization
- | Positivity
- | Relator

#### STRATEGIC THINKING

- | Analytical
- | Context
- | Futuristic
- | Ideation
- | Input
- | Intellection
- | Learner
- | Strategic



## RELATIONSHIP BUILDING

# 1. Harmony®

### What Is Harmony?

People with strong Harmony talents want peace and try to bring others together. In their view, little is gained from conflict and friction, so they seek to hold these to a minimum. Those with strong Harmony talents see what people have in common, even during conflict. They try to steer others away from confrontation and toward reconciliation. In fact, Harmony is one of their guiding values. They seek to help individuals, families and organizations work together. When others argue, they steer clear of the debate, preferring to talk about practical, down-to-earth matters that everyone can agree on.

## Why Your Harmony Is Unique

*These Strengths Insights are personalized based on your CliftonStrengths results.*

**Harmony**

**Empathy**

**Discipline**

**Achiever**

**Relator**

Driven by your talents, you are inclined to finish whatever is assigned to you each day. You admit there are things you could do better. When you act on these ideas, you probably increase your chances of meeting the day-to-day expectations people place on you.

Chances are good that you view your life much more favorably when you can say, "I gave that project my best effort, and I am pleased about the things I did right."

Because of your strengths, you are willing to work with your coworkers, classmates, teammates, family members, and friends. You realize everyone sees opportunities, problems, solutions, and events differently. While you have opinions, you refrain from imposing them on others. You are good-natured — that is, you have a pleasant, cheerful, and cooperative disposition.

Instinctively, you are open to welcoming a wide array of people into your life. Being practical, you realize every individual you meet possesses talents, skills, and experiences that you and those you already know lack. Typically you are the person who helps people find reasons to befriend, work, and cooperate with newcomers and outsiders.

By nature, you are quite content when you have performed to the best of your ability. You trust yourself to evaluate the quality and the quantity of your work.



- 1. **Harmony**
- 2. Empathy
- 3. Discipline
- 4. Achiever
- 5. Relator

## How Harmony Blends With Your Other Top Five Strengths

### **HARMONY + EMPATHY**

Expressing emotions is natural and good. If strong emotions get in the way of group progress, you can manage them and reduce tension.

### **HARMONY + DISCIPLINE**

You manage the important details of your life and the emotional variables of the groups you are in to foster efficiency.

### **HARMONY + ACHIEVER**

You improve a team's productivity by working hard to manage the emotional tension that exists on every team.

### **HARMONY + RELATOR**

You value a peaceful and productive environment and foster it by building deep and authentic connections with people over time.

## Apply Your Harmony to Succeed

### **Help others manage conflict.**

- Seek out and find areas of agreement in conflict. Help others see this practical side as the potential starting point for resolving the issue.
- Make collaboration easier by reminding others that a group's strength is the ability to respectfully bring up different ideas. At the same time, you help avoid contentious interactions by knowing what individuals are thinking before coming together in a group.



## RELATIONSHIP BUILDING

# 2. Empathy®

### What Is Empathy?

People with strong Empathy talents can sense the emotions of those around them. They can feel what others are feeling as though the emotions were their own. They intuitively see the world through others' eyes and share their perspectives. They perceive people's pain or joy, sometimes before it is even expressed. Their instinctive ability to understand is powerful. They can hear unvoiced questions and anticipate needs. Where others grapple for words, they seem to find the right things to say and strike the right tone. As a result, they help people express their feelings — to themselves as well as to others. They help people give voice to their emotional lives.

## Why Your Empathy Is Unique

*These Strengths Insights are personalized based on your CliftonStrengths results.*

Harmony

**Empathy**

Discipline

Achiever

Relator

Instinctively, you have an uncanny ability to feel what someone is going through mentally, physically, or emotionally. Instinctively, you understand when and how to spotlight someone's finest accomplishments. You call attention to individuals' moments of excellence. You know how to make others feel good about themselves.

By nature, you are keenly aware of others' moods. Your insights can be especially valuable when you are helping someone develop strength by acquiring a skill, gaining knowledge, or using a talent.

Driven by your talents, you probably notice that people tell you about their innermost thoughts and feelings. Why? They are apt to sense you can help them sort through information and pinpoint relevant facts. You are known for your good mind and your sensitivity.

Chances are good that you experience feelings of regret, failure, disappointment, or loss. Calling upon your talents, you often discover ways to deal with your negative emotions, difficult people, or troubling experiences.

Because of your strengths, you delight in helping all kinds of people. You hope they find your companionship pleasant and choose to spend more time with you.



- 1. Harmony
- 2. Empathy**
- 3. Discipline
- 4. Achiever
- 5. Relator

## How Empathy Blends With Your Other Top Five Strengths

### EMPATHY + HARMONY

Expressing emotions is natural and good. If strong emotions get in the way of group progress, you can manage them and reduce tension.

### EMPATHY + DISCIPLINE

You plan your work because when you do, you eliminate the negative emotions that are often associated with chaos or confusion.

### EMPATHY + ACHIEVER

Your drive to get things done and produce results is always influenced by your awareness and expression of emotion.

### EMPATHY + RELATOR

When you are with your closest friends, you can freely express your authentic emotions and clearly sense their authentic emotions.

## Apply Your Empathy to Succeed

### Help people be more sensitive to others' feelings.

- Help your people be more aware when someone is having a difficult time. Remember, most people do not have your ability to pick up on sensitive situations.
- Give a voice to people's emotions. When you notice that someone has a feeling they are not expressing, create space for them to share so that they can be fully heard in the moment.



## EXECUTING

# 3. Discipline®

### What Is Discipline?

People with strong Discipline talents thrive in an organized and orderly environment. They like their days to be predictable and planned, so they instinctively find ways to organize their lives. They set up routines. They focus on timelines and deadlines. They break long-term projects into a series of specific, short-term steps and follow their plan diligently. They are not necessarily neat and tidy, but they do need precision. They create order and structure where needed. Some people may label the highly disciplined as compulsive, meticulous or control freaks, but these attributes make them productive — often more so than their critics.

## Why Your Discipline Is Unique

*These Strengths Insights are personalized based on your CliftonStrengths results.*

Harmony

Empathy

**Discipline**

Achiever

Relator

Chances are good that you adhere to your well-ordered plan for the coming months, years, and decades. You give much thought to documenting all the steps that lead to the future you desire. Regularly measuring your progress is one of your priorities.

Instinctively, you frequently consider methods for becoming more organized. You probably like to complete tasks before they are due. You tend to execute your plans far better when you have ample time to process your ideas in an orderly and efficient manner.

It's very likely that you are a good partner for someone who struggles to decide what is most important. With your assistance, they can outline what to do first, second, third and so on. You probably help others narrow down their long lists of tasks and opportunities. Once priorities are finalized, you urge them to concentrate on only the targets that deserve full-time attention.

Because of your strengths, you usually immerse yourself in your work. Often you see what needs to be done, and you do it without being told. This indicates you are a self-starter. You rely on familiar and proven patterns for performing an assignment. You understand the importance of everyone following the rules, procedures, and processes so things consistently get finished from one day to the next as well as from one year to the next.

By nature, you ensure that your work, living, and study areas are kept neat, spotless, and orderly. When things you value are in their proper places, you probably improve your overall efficiency and productivity.



- 1. Harmony
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## How Discipline Blends With Your Other Top Five Strengths

### **DISCIPLINE** + **HARMONY**

You manage the important details of your life and the emotional variables of the groups you are in to foster efficiency.

### **DISCIPLINE** + **EMPATHY**

You plan your work because when you do, you eliminate the negative emotions that are often associated with chaos or confusion.

### **DISCIPLINE** + **ACHIEVER**

You accomplish more than others because you plan your work, and then you work your plan. Your organization enhances your intensity.

### **DISCIPLINE** + **RELATOR**

You always seem to have time for your family and close friends because you intentionally schedule them on your calendar.

## Apply Your Discipline to Succeed

**Look for places where you can bring structure and efficiency.**

- Identify places in your life, workplace or community where you can create an orderly environment. Doing this will bring you joy while supporting those around you.
- Engage in planned conversations with your most trusted friends and partners. Creating a routine with them ensures that your relationships stay strong in a constantly changing world.



## EXECUTING

# 4. Achiever®

### What Is Achiever?

Achievers have a constant need for attainment. They have an internal fire burning inside them. It pushes them to do and achieve more. People with strong Achiever talents feel as if every day starts at zero. By the end of the day, they must accomplish something meaningful to feel good about themselves. And “every day” means every single day: workdays, weekends, holidays and even vacations. If the day passes without some form of achievement, no matter how small, Achievers feel dissatisfied. After finishing a challenging project, they rarely seek with a reward of a rest or an easy assignment. While they appreciate recognition for past achievements, their motivation lies in striving toward the next goal on the horizon.

## Why Your Achiever Is Unique

*These Strengths Insights are personalized based on your CliftonStrengths results.*

Harmony

Empathy

Discipline

**Achiever**

Relator

Driven by your talents, you probably have a reputation for working many hours so your team, class, or workgroup can reach its goals.

Instinctively, you motivate your friends with your passion for moving ideas from the talking stage to the action stage. Your dedication to various projects rallies numerous individuals to work alongside you.

It’s very likely that you often catch yourself working hard to ease the anxieties of others. When you can show them a way to reach their goals, most individuals behave much more reasonably and much less emotionally.

By nature, you are a self-starter. You choose the company of individuals who are hardwired, like you, to pursue their goals. It is no wonder these people become your friends. Rather than tarnish your reputation, you are likely to avoid people who are lazy, miss deadlines, or blame others for their blunders. A strong work ethic matters more to you than someone’s appearance, past history, education, nationality, or wealth. This explains why you welcome a variety of individuals into your life.

Because of your strengths, you exhibit the physical and mental endurance needed to continuously toil long after others have stopped working. You are hardwired to pursue goals until they are reached. When obstacles arise, you become even more determined to succeed.



- 1. Harmony
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- 5. Relator

## How Achiever Blends With Your Other Top Five Strengths

### ACHIEVER + HARMONY

You improve a team's productivity by working hard to manage the emotional tension that exists on every team.

### ACHIEVER + EMPATHY

Your drive to get things done and produce results is always influenced by your awareness and expression of emotion.

### ACHIEVER + DISCIPLINE

You accomplish more than others because you plan your work, and then you work your plan. Your organization enhances your intensity.

### ACHIEVER + RELATOR

For you, there is no better feeling than working hard with a few good friends to get a big job completed.

## Apply Your Achiever to Succeed

### Use a scoring system to keep track of all achievements.

- Display metrics that matter in a place where you can see them often. The visual measurement of your productivity will encourage you to keep making progress toward your goals.
- Put personal achievements on your scoring system. This will help you direct your busy energy toward family and friends and work.



## RELATIONSHIP BUILDING

# 5. Relator®

### What Is Relator?

Relator talents describe a person's attitude toward their relationships. People with strong Relator talents are drawn to others they already know. They do not necessarily shy away from meeting new people — in fact, they may have other themes that cause them to enjoy the thrill of turning strangers into friends — but they do derive a great deal of pleasure and strength from being around their close friends. A person with strong Relator talents forms close relationships with people.

## Why Your Relator Is Unique

*These Strengths Insights are personalized based on your CliftonStrengths results.*

Harmony

Empathy

Discipline

Achiever

**Relator**

Driven by your talents, you know that truly good friends are hard to find. You want to protect your best friendships, so you stay in touch and keep the lines of communication open.

Instinctively, you do not want to take the close connections you have with your best friends for granted. You might schedule events on your calendar with close friends so you don't forget to spend time with them.

It's very likely that you welcome opportunities to spend time with friends who enjoy thinking about the future. They often invite you to offer suggestions about what can and cannot be accomplished in the coming months, years, or decades.

Chances are good that you feel most fulfilled when you are busy and simply performing routine tasks. When you have nothing to do, typically you find something to do. Sitting around and wasting time does not suit you at all.

Because of your strengths, you have people you know, and then you have people you feel like you have always known. Your connections to your closest friends are not optional for your overall wellbeing — they are required.



- 1. Harmony
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- 5. Relator**

## How Relator Blends With Your Other Top Five Strengths

### RELATOR + HARMONY

You value a peaceful and productive environment and foster it by building deep and authentic connections with people over time.

### RELATOR + EMPATHY

When you are with your closest friends, you can freely express your authentic emotions and clearly sense their authentic emotions.

### RELATOR + DISCIPLINE

You always seem to have time for your family and close friends because you intentionally schedule them on your calendar.

### RELATOR + ACHIEVER

For you, there is no better feeling than working hard with a few good friends to get a big job completed.

## Apply Your Relator to Succeed

### Make time for one-on-one interactions with your friends.

- Make sure you get enough one-on-one time with the important people in your life. Periodic opportunities to interact with them will energize you.
- Take time to tell others how your relationship with them creates happiness in your life. Ask them how it enhances their happiness. Doing this with each person will show you care about them.

## What's Next?

Take these steps to start unlocking your full potential using your CliftonStrengths.



### Learn to Use Your Dominant Strengths

Read about each of your top five CliftonStrengths in this report and reflect:

- What did you read that **inspires** you?
- What did you read that **surprises** you?
- What did you read that **excites** you?
- What did you read that **challenges** you?

**Click [here](#) or scan the QR code to complete the following exercise for each of your top five CliftonStrengths:**

#### Name It

- Pick one of your top CliftonStrengths.
- List the words or phrases you read about this strength that resonate strongly with you.

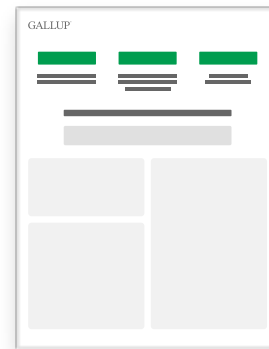
#### Claim It

- When has this strength helped you be successful in the past?
- How does this strength help you be successful in your role?

#### Aim It

- In what two ways could you start using this strength more intentionally right away?

Hint: Read the action items in this report and on your [my.gallup.com](https://my.gallup.com) dashboard for ideas.



[Click to View Activity](#)



### Use Your Resources in Gallup® Access



Our dedicated platform is focused on helping you fulfill your potential using your CliftonStrengths.

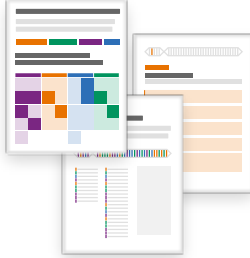
**Click [here](#) or scan the QR code to sign in to your [my.gallup.com](https://my.gallup.com) account.**

Inside, you'll find articles, videos, learning modules and other tools created specifically for your strengths-based development.



## Explore All 34 of Your CliftonStrengths®

Already have your CliftonStrengths 34 report? Great! Take some time to explore your full results.



**If you don't have it yet, [click here](#) or scan the QR code to learn how your CliftonStrengths 34 report can help you:**

- reveal your complete talent profile of 34 CliftonStrengths
- learn how to use your top 10 CliftonStrengths to set and achieve goals
- navigate your 11-34 CliftonStrengths, including understanding and managing weaknesses

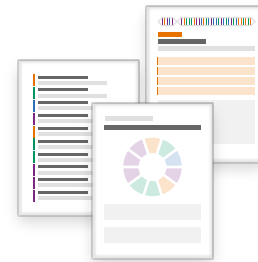


## Apply Your CliftonStrengths® in Specific Roles

Take time to explore any role-based CliftonStrengths reports you already have.

**If you don't have any, [click here](#) or scan the QR code to browse a range of reports tailored to specific roles and responsibilities.**

We offer a suite of reports designed to help you use your CliftonStrengths to excel in various areas, whether it's in management, leadership or even as a student.



## Engage in a Conversation About Your CliftonStrengths®



Share your CliftonStrengths results with the people closest to you, including your family, friends, coworkers and teammates.

Spend time talking about your CliftonStrengths with a coach, manager, mentor or adviser — someone invested in your personal and professional development.

**[Click here](#) or scan the QR code for helpful ways to share and discuss your CliftonStrengths with others.**

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