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A previous version of this book included a unique code to use to take the Clifton StrengthsFinder Assessment. We are no longer able to offer that access as part of this work. Instead, please visit Gallup’s website, www.gallupstrengthscenter.com, to purchase the assessment directly.

Clifton StrengthsFinder is a 30-minute online assessment which has helped millions of people around the world discover their talents. After taking the self-assessment, you’ll receive a customized report that lists your top five talent themes, along with action items for development and suggestions about how you can use your talents to achieve academic, career, and personal success. We encourage readers to take this self-discovery assessment, which addresses our themes of understanding yourself in Chapter Four and understanding others in Chapter Eight.

In Chapter Four, you’ll find more information on a free online assessment indicating your character strengths, called VIA. Developed by Peterson and Seligman (2004), the VIA classification includes three conceptual levels: virtues, character strengths, and situational themes. You may take that survey at this link, www.viacharacter.org.

Both of these assessments are designed to provide heightened awareness around your talents and character strengths. The Clifton StrengthsFinder measures talents and strengths while the VIA measures character strengths using a strengths-based approach to measuring character. We encourage you to take both, but if reading this book as part of a course, you may find that your professor emphasizes one assessment over the other.