

## Clifton Strengths

### UpTurn Discussion Guide

#### **Breakout Discussion #1**

Do your Top 5 Strengths resonate with you?

Where have you seen your top 5 strengths show up for you?

- Work, school, or personal life?

#### **Breakout Discussion #2**

Fill out your balcony and basement statements.

Discuss:

You feel best when...

- Use an example of a group project in college
- How were you using your skills in the balcony?

When is your strength not helpful...

- Use an example of a group project in college
- What is something you have to watch out for with your strength?