

Alicia's Personality Strengths Related to Her Career Choice

Personality Strength	Her Rank in the US Population	How I can intentionally apply my personality strengths to select my career.
1. Theoretical Value	96%	I examine all options and select the best ones.
2. Achievement	95%	I give my best no matter what job I have.
3. Social Value	91%	I am kind, sympathetic and unselfish.
4. Autonomy	90%	I use this ability to make decisions independently.
5. Tendency to Read Feelings	83%	This strength is invaluable when I was Editor of the school paper and got my staff to work together to meet deadlines.
6. Ability to Ask for Help	81%	I respect what people know and ask for help. They want to help me, and they do.
7. Feelings of Guilt	80%	If I do something wrong, I feel bad and change what I do.
8. Feelings of Inferiority	80%	I know what my shortcomings are, and I work to improve them.
9. Economic Value	75%	Money is important, but it is not my highest value.
10. Endurance	75%	When I get tired, I remember that I have this ability.
11. Sexuality	75%	I work well with men and as well with women.
12. Thoughtfulness /Reflectiveness	65%	I think a subject through carefully before I make a decision.
13. Aggression	55%	I defend my decisions and speak out if necessary.
14. Social Boldness	55%	I meet people easily.
15. Nurturance	50%	I combine this with 3. and 5. to create a caring climate.
16. Restraint/Seriousness	50%	Before I say something I consider "What will everyone think?"
17. Aesthetic Value (Harmony)	40%	I need to find how I can prepare myself to make a living. Not focus on how to create harmony.
18. Exhibition	35%	I let someone else make the acceptance speech when our team does well and gets an award.
19. Traditional Female View	35%	I do not let the fact that I am female hold me back from accomplishing what I decide to do.
20. Cooperativeness	30%	I see how people cooperate at work – and learn from them.
21. General Activity/Energy	30%	Do I wear myself out by working too hard?
22. Optimism	30%	Right now going to college without much money it looks like an uphill challenge, but I'll figure it out.
23. Political Value	30%	I do not call attention to myself.
24. Religious Value	25%	Although I factor in unity, I have to make tough decisions that have nothing to do with unity.

25. Friendliness/Agreeableness	20%	I learn how to be friendly at work by watching what others do.
26. Objectivity	20%	My feelings tell me what works for me. This is a good combination with 1.
27. Social Interest	20%	Socializing is not my primary goal.
28. Change	16%	Looks like I am going to have to raise this.
29. Order	16%	This is low on my choice of coping strategies because I do it automatically.
30. Deference	12%	Hm. Perhaps I need to consider other's opinions more. Do I need to grow in 20. and this?
31. Dominance	12%	How I lead: I think of the best program design (99%), set high goals (98%), read other's feelings (84%), and delegate authority. Then I get out of other people's way. That's how we got the school paper out.
32. Affiliation	3%	I won't have time to join groups, anyway.

Blue = Coping Strategies	Green = Temperament Assets	Red = Value
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Return to the Case Study: [Select My Career](#)

Return to the Index of [Case Studies](#).