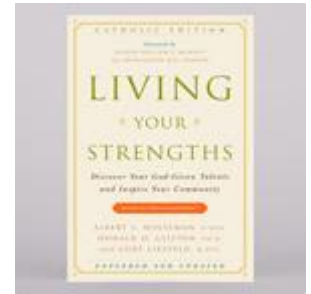


Some LIVING YOUR STRENGTHS FAQs

What is LYS all about?

Dr. Don Clifton took survey data from over 2 million successful people and came up with 34 Signature Themes; everyone has all 34 Themes to some degree. After answering from your gut a series of 180 questions using the on-line StrengthsFinder™ tool, you receive a report of your top 5 (the five highest theme scores). These themes tend to be action-oriented; you can build on these themes in your work and personal life.



What benefits can people get from LYS?

- **Vocabulary** - For some people, the naming of the top 5 is an incredible break-through. They now possess a context and language to speak about how they operate.
- **Awareness** - Some people come to recognize that their top 5 themes can be gifts to share. So often, the way people are wired is either too innate to be thought of as gift or becomes a focal point for other people to put down.
- **Motivation** - Some people realize that naming the top 5 can be a powerful way to claim and accept how God made them. By focusing on the top 5 themes, they can begin to intentionally use them - it's how they operate anyway - to build strengths.

Isn't LYS just another way to get people to volunteer in church?

LYS can certainly help you to discern among parish volunteer opportunities. But LYS can also help in personal and work situations. LYS starts with who you are and you are that person in all situations. Using your top 5 to match who you are, how you operate and your interests to the opportunity helps you to create the right fit. When people are doing what they enjoy doing in any and all aspects of their lives - when the fit is good - they are less likely to burn out and spend more time doing that activity.

LYS can also benefit your personal relationships. For example, you've been married 30 years and you still don't understand why your spouse does... Knowing your spouse's top 5 can bridge the gap and give a common language to appreciate each other.

Isn't LYS just a fancy way to justify what I want to do anyway?

Well, not at all! It's really about using a different way to learn who you are. And that takes some work. It's not all magic! Your commitment will be required. Most importantly, you will need an open mind and heart and the willingness to live from your strengths.

