

CLIFTON YOUTH
STRENGTHSEXPLORER

W O R K B O O K

Why open this book?

1 It's *all about you*.

2 It will help you learn about *who you are*.

3 It will help you *make the most of who you are*.

Everyone is different. No two people are exactly the same. Some people enjoy talking; some are quiet. Some people like to sit and read; some like to run around. Some people like to have a lot of friends; some have more fun with just a few friends. We are unique because we think in certain ways, feel in certain ways, and behave in certain ways. It's just who we are, and that's good.

We call these natural ways of thinking, feeling, and behaving our **talents**. **We each have great talents**, and the more we know about them, the more we can understand what makes us special and how we can use our talents to do things really well. The Clifton Youth StrengthsExplorer report helps you think about your talents by describing three of your top themes of talent.

As you look through the pages of this workbook, you will learn more about what makes you uniquely and wonderfully you. Do whatever you want to make your workbook yours. Feel free to **mark it up, draw on it, or bend it** every which way. Use it your way, and use it a lot. The more you learn about your talents, the more you will be able to use them today, tomorrow, next year, and beyond!

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The Clifton Youth StrengthsExplorer is an instrument based on **40 years of science**. The Gallup Organization has conducted thousands of studies on the talents of individuals. From that rich history of research, this instrument was created to help youth, ages 10-14, **discover and develop the unique talents within them**.

Here's what this can help you do:

- Learn more about your son's or daughter's unique talents.
- Focus on your child's talents and strengths.
- Help your son or daughter understand and use his or her natural patterns of thought, feeling, and behavior in everyday life.
- Make an even more **positive impact on your child's life**.

This guide was created to help parents be part of the discovery and growth process. As parents, we seek to understand and communicate with our children. Sometimes we connect with them. Sometimes we misunderstand each other and have to try again to achieve understanding. Sometimes words have one meaning to us and a different meaning to our children. A common language facilitates communication and understanding. The Clifton Youth StrengthsExplorer introduces a language that is intended to help you better understand your son's or daughter's talents by helping **define what makes your child wonderfully unique**.

We're all different – we respond to the world in our own way from the time we are born. The age span of 10-14 years includes a tremendous range of development, behavior, maturity, and thinking. Youths' perceptions of the world are naturally different from those of adults. Your child's report is specifically about his or her unique talents – and this guide will help you help your child by exploring aspects of his or her talent in greater detail.

You will be asked to complete some of the same exercises that appear in your child's workbook. Sitting down to compare notes and discussing what you each wrote would be time well invested. But remember, **your child's answers are right for him or her – even if they are different from your own. Be sure to listen and affirm**. Consider each conversation an opportunity to learn more about your child.

We encourage you to make the most of this guide. Print it and make it work for you by adding notes and ideas. Come back to it again and again. This tool is designed to spark your ideas for helping your son or daughter excel and thrive in his or her areas of talent.