

# Love, Frustrate, Appreciate

Identify one of your top five CliftonStrengths themes that you LOVE. What do you appreciate about this theme?

Identify one of your top five CliftonStrengths themes that tends to FRUSTRATE you or others. Why do you think this theme can be challenging?

## SHARING THEMES THAT WE LOVE AND THAT FRUSTRATE

Connect with four to six of your team members to complete the table below.

Name	Top Five Theme This Person Loves	Top Five Theme That Tends to Frustrate This Person or Others

Identify one theme your team members shared that you wish was more dominant for you or that you APPRECIATE in others. Be prepared to describe why this theme is valuable to others.