

*Together We Transform Lives*

**TEAMMATES**<sup>SM</sup>

**MENTORING**  
*of LINCOLN*

# Gallup Strengths Explorer Cards

Information for TeamMates mentors and mentees (grades 3-8) to understand and discuss their strengths

# Start the Conversation

1. Which one of your strengths is your favorite? Why?
2. Name a person you admire in your life. Why do you admire them? What are their strengths?
3. What is your favorite class? How do your strengths help you in that class?
4. Describe your closest friend. What strengths are similar/different than yours?
5. How can you contribute your strengths to solving a problem?
6. Who is your favorite athlete or celebrity? What strengths help them to be successful?
7. What is your definition of success?
8. How do you use your strengths in your everyday?
9. What realization about yourself did you make this week? Does it follow your strengths?
10. What would your friends say you do well?
11. How are you using your strengths to tackle things to do this week?
12. How have you used your strengths to help someone?
13. What tips about your strengths would you give to others?

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## Achieving

You have energy and more goals than other people.

You love a sense of accomplishment.

*Gallup Strengths Explorer– 1*

# Explore Deeper

1. What is your favorite accomplishment this week?
2. Tell me about how you used your energy this week to achieve a goal.
3. What is the best compliment you have received recently, and what was it for?
4. What challenging goal is on your mind?

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## Caring

In your heart, helping other people is important.

You want to help make the world better by helping people in small or big ways.

*Gallup Strengths Explorer– 2*

# Explore Deeper

1. Name three of your favorite ways to help people.
2. How do you show your family that you care about them?
3. Name a student you could help each week.  
How will you encourage him/her?
4. For which classroom, school, club, community, or church projects could you use your Caring talent?

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## Competing

You see many things in life as a game.

You feel great when you win.

You truly hate to lose because you are always  
striving for first place.

*Gallup Strengths Explorer– 3*

# Explore Deeper

1. Tell me about any ways you competed this week.
2. Pick one thing that you really want to do this week. How can you get better at it? What challenge can you set for yourself?
3. Tell me about a friend that is as good or better than you at something you like to do. How can you challenge each other in a way that makes you both better?
4. Which class could you raise your grade in?  
How can you make studying into a game to win?



## Confidence

You believe in yourself and what you can do.

This helps you take on challenges because you feel  
sure you can succeed.

# Explore Deeper

1. What are you most proud of?
2. Tell me about a time that you spoke up for what you knew was right.
3. What is a new thing you would like to try?
4. What is an accomplishment that you are looking forward to?



## Dependability

Trust and responsibility are important to you.

People count on you to do what you say you will do.

# Explore Deeper

1. What are three things you would like to get done each day?
2. How can you be a good example to others around you?
3. What is a new responsibility that you would like to take on at home, at school, or in your community?
4. What has been your favorite job to do?  
Who counts on you to get it done?

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## Discoverer

You are a thinker and learner.

You are excited about exploring ideas and  
making connections.

*Gallup Strengths Explorer– 6*

# Explore Deeper

1. What is your favorite new idea of the week?
2. Who is your favorite person to ask questions? What does he or she know a lot about?
3. What is something you want to learn more about?
4. If you could design your own class to teach, what would it be about?

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## Future Thinker

Your mind loves to think and dream of the future.

You are a person who thinks about what is possible,  
not what is impossible.

*Gallup Strengths Explorer– 7*

# Explore Deeper

1. What are your hopes for your future?
2. How will life be in 5 years? 10 years? 30 years?
3. What does success mean to you?
4. What is a dream you picture yourself in?

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## Organizer

Scheduling, planning, and organizing  
makes your life better.

People count on you to get the details right  
and pull a plan together.

*Gallup Strengths Explorer– 8*

# Explore Deeper

1. What is something you organized yesterday?  
What is something coming up that you want to arrange?
2. What is something that you like to have just perfect?
3. Who could benefit from how you like to organize?  
How could you help them?
4. If you could plan your dream vacation,  
what would it look like?

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## Presence

You were born to be at the front of the room telling stories and taking the lead.

# Explore Deeper

1. Tell me about a time when you know people were really listening to you. What did you do that made them pay attention?
  
2. What are ways you can become a leader around school?
  
3. Who is your favorite person to watch or listen to?  
What do you like about how he or she performs?
  
4. What would you like to get better at doing?

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## Relating

You like to start friendships and keep them  
for a long time.

*Gallup Strengths Explorer– 10*

# Explore Deeper

1. Tell me about two of your friends.  
How long have you known them?
2. How do you form friendships with others?
3. Describe a person that you would like to get to know better.  
What are two questions that you could ask them?
4. Could you learn more about people in a group or class?  
Tell me about them.

## **Want to take the Gallup Strengths Explorer?**

Contact the Lincoln TeamMates office  
and request a strengths training!

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