

EXECUTING × FLOURISHING

FLOURISHING WITH YOUR CLIFTONSTRENGTHS®

NAME IT.
CLAIM IT.
AIM IT.

How do you cultivate and sustain flourishing through what you do every day?

What it means: Executing themes catch an idea and make it real. When a team needs someone to implement a solution, these are the people who work tirelessly to get it done.

Why it matters for flourishing: Flourishing is not accidental. It is cultivated through action, consistency, and the disciplined, purposeful effort that Executing people make look natural.

The Global Flourishing Study: A five-year study of more than 200,000 people in 22 countries, a collaboration of Harvard, Baylor, Gallup, & the Center for Open Science. It measures flourishing in six domains: **Happiness & Life Satisfaction, Mental & Physical Health, Meaning & Purpose, Character & Virtue, Close Social Relationships, and Financial & Material Stability.** globalfLOURISHINGstudy.com

1 Achiever®

Daily accomplishment and meaningful contribution support both life satisfaction and a sense of purpose.

AIM it: What one thing, if completed, would make today feel like it genuinely mattered?

3 Belief®

Character and virtue are central to a thriving life, and Belief is one of its strongest anchors.

AIM it: Where can your values serve as an anchor for someone who is drifting?

5 Deliberative®

Sustainable flourishing takes wisdom, restraint, and the courage to ask hard questions first.

AIM it: What decision around you deserves a slower, more careful hand?

7 Focus®

Meaning and purpose, directing your life toward what matters, is a foundation of flourishing.

AIM it: What one thing, if you protected it, would make the most meaningful difference?

9 Restorative™

Flourishing has to be sustained and restored, and Restorative is the repair function of a community.

AIM it: What relationship, system, or situation needs healing, and who is counting on you to start?

2 Arranger®

Helps teams and communities adapt without falling apart, modeling that complexity can be navigated.

AIM it: Where does your team need someone to hold the moving pieces and find a better configuration?

4 Consistency®

Fairness and trust build the systems that make flourishing possible at scale.

AIM it: Where can your commitment to equal treatment build trust in a system that needs it?

6 Discipline®

Health, wellbeing, and life satisfaction are all tied to sustainable rhythms.

AIM it: What structure can you build or protect so others can sustain their best work?

8 Responsibility®

Trust is the currency of close relationships and strong character, both foundations of flourishing.

AIM it: What commitment can you make and keep that deepens a relationship?

YOUR TOP 5

Not in your Top 5? You still use these themes. Look for the people around you who lead with them, and ask how they do it.

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Review up to three Executing themes from page 1. For each one, connect it to a flourishing domain below, then aim it.

Name it

Which theme? Which flourishing domain does it cultivate in your life & context?

Claim it

Where is it already helping you or someone else flourish?

AIM it

Your answer to its AIM it question: one step and the day you'll take it.

1

2

3

THE SIX DOMAINS OF FLOURISHING

Happiness & Life Satisfaction	Mental & Physical Health	Meaning & Purpose
Character & Virtue	Close Social Relationships	Financial & Material Stability

Learn more about the study: globalflourishingstudy.com

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Curtis Isozaki, M.A. · Gallup-Certified Strengths Coach. Gallup®, CliftonStrengths®, and the 34 theme names are trademarks of Gallup, Inc. Flourishing connections are Isozaki Coaching's interpretation. Reference: VanderWeele, T. J., Johnson, B. R., et al. (2025). The Global Flourishing Study: Study profile and initial results on flourishing. *Nature Mental Health*.