



THE OCTALYSIS GROUP

Know your attributes

Albertine's talent
and weakness triangles

Brainstorm

Critical thinking

Tolerance

Organisation

Learning/Fast absorption

Active listening/Empathy

Creativity

Emotional bonding

Self-control

Assertiveness/Honesty

Drive/Hard-working

Tact/sympathy

Resourcefulness/Adaptation

Dealing with
violence/hostility

Serious/Responsible

Selective auditive
attention

Observation/Holistic focus

Openness/Curiosity

Face recognition

Resilience/Optimism

Method

To come up with these characteristics, I have done some introspective work, thinking about main events of my life and how I feel about myself.

I also asked friends, family members and colleagues to define me in 5 words, using both positive and negative words. This is a great way to gain insight on how you are perceived by others.

Finally, I took a few personality tests such as the Value In Action character strengths test.

To select my ring strengths, I did a parallel between my own introspection, the descriptive words used by my friends, colleagues and family, and the results from various tests, and selected the ones that came up with the highest frequency.

Ring strengths and weaknesses



Insights: strengths

A glowing golden ring with a dark blue background, surrounded by falling leaves and flowers. The ring is the central focus, with a bright, shimmering border. The background is a deep blue, and there are many small, golden particles floating around the ring. The overall aesthetic is magical and ethereal.

Critical Thinking:

Albertine constantly uses analysis, reasoning and logic to understand her environment. She never takes anything at face value and loves to test assumptions. She thinks through every action and evaluates alternatives.

Insights: strengths



Curiosity:

Albertine loves to explore, discover, and try new things. She thrives the most in unpredictable and varied environments. She keeps an open heart to the unknown and never says « never ».

Insights: strengths

Challenge Mindset:

Albertine embraces challenge and sees every obstacle as an opportunity to prove herself and grow towards her goals. She always focuses on the positive. She is not afraid of failure and sees it as part of learning and creating resilience.

Insights: strengths

Assertiveness:

Albertine is not afraid to speak her mind, even if it means she has to confront the popular opinion. She is honest about what she thinks and what she wants. She would rather keep silent than say something that is not heart-felt.

Insights: strengths

A glowing golden ring with a dark blue center, surrounded by a dark blue background with golden leaves and flowers. The ring is the central focus, with a bright, shimmering border. The background is a deep blue, almost black, with scattered golden leaves and flowers, some of which are in sharp focus while others are blurred. The overall effect is magical and ethereal.

Resourfulness:

Albertine knows how to navigate unknown situations and come up with solutions to new problems. She is not easily startled or stressed.

Insights: weaknesses

Tolerance:

Albertine has high expectations for herself and for others. She struggles to accept errors and has a tendency to push people too hard.

Insights: weaknesses

Emotional bonding:

Albertine has a reserved and introverted personality. She rarely opens up emotionally and struggles to tie strong relationships.

Insights: weaknesses

Tact:

Albertine sometimes speaks her mind too fast without considering the emotions of her interlocutor. She can thus appear curt.



Needs

Hunger	Fun
Comfort	Social
Bladder	Hygiene
Energy	Environment



Next steps:

Here are the next upgrades to Albertine's ability tree:

- Upgrading **Active Listening** to **Active Constructive Responding**: actively celebrating other's achievements and news.
- Boosting emotional and social resilience to downgrade the ring weaknesses.

