

What Are My Qualities and Traits?

The traits and qualities we possess are what make us who we are. We all differ, and such strengths make us unique. When we use them appropriately, we typically perform at our very best.

Review the following list of qualities, asking yourself: *Am I?*:

Accurate	Disciplined	Ingenious
Action-oriented	Easy going	Industrious
Adventurous	Educated	Inner peace
Ambitious	Empathetic	Inspiring
Analytical	Energetic	Integrity
Appreciative of beauty	Entertaining	Intelligent
Appreciative in general	Enthusiastic	Kind
Artistic	Fair	Knowledgeable
Athletic	Fast	Leader
Authentic	Flexible	Lenient
Benevolent	Focused	Liberal
Brave	Forceful	Lively
Caring	Forgiving	Logical
Citizenship	Free spirited	Loving
Clever	Friendly	Love of learning
Compassionate	Generous	Merciful
Charming	Gracious	Modest
Communicative	Grateful	Motivated
Confident	Helping	Observant
Considerate	Honest	Optimistic
Courageous	Hopeful	Open
Creative	Humanitarian	Open-minded
Critical thinking	Humble	Orderly
Curios	Humorous	Original
Dedicated	Idealistic	Organized
Determined	Independent	Outgoing

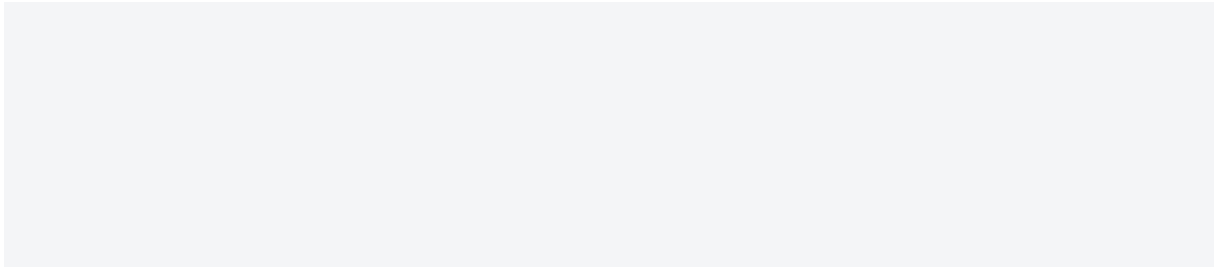
Patient	Self-assured	Thoughtful
People skills	Serious	Thrifty
Permissive	Self controlled	Tolerant
Perseverance	Speaking	Trustworthy
Persuasive	Spirituality	Versatile
Persistent	Spontaneous	Visionary
Practical	Social intelligence	Vitality
Precise	Social skills	Warm
Problem solver	Straightforward	Willpower
Prudent	Strategic thinker	Wisdom
Respectful	Tactful	
Responsible	Team oriented	

Referring to the list (or adding new ones of your own), write down your top five strengths:

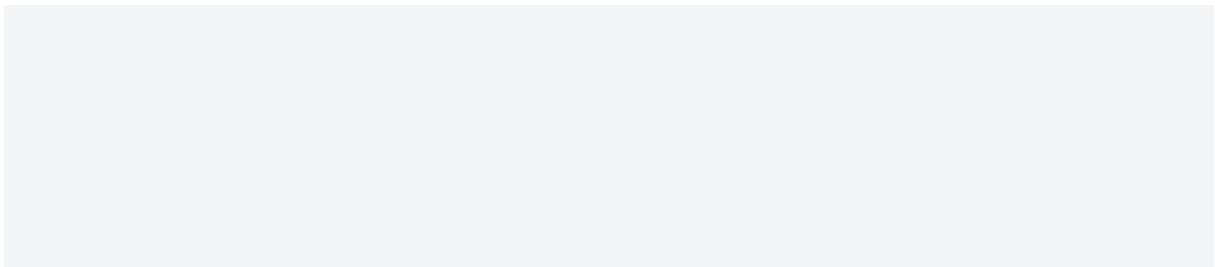
1.	
2.	
3.	
4.	
5.	

Referring to the list, write down your two main weaknesses.

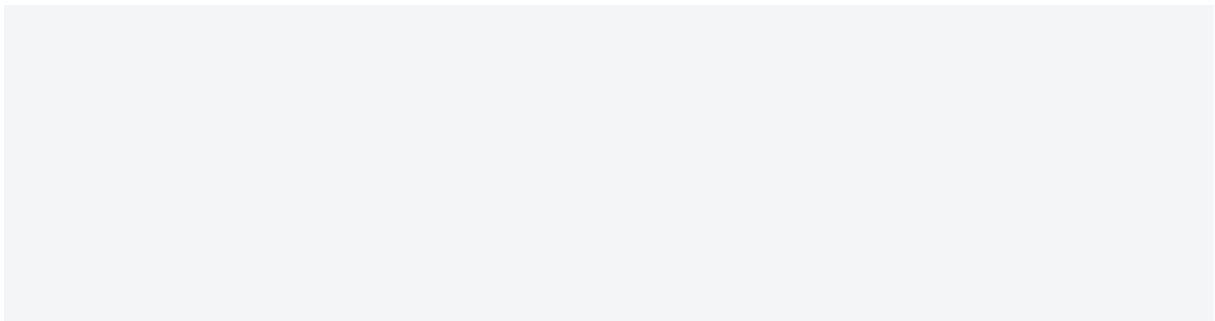
What strengths do you want other people to admire in you?



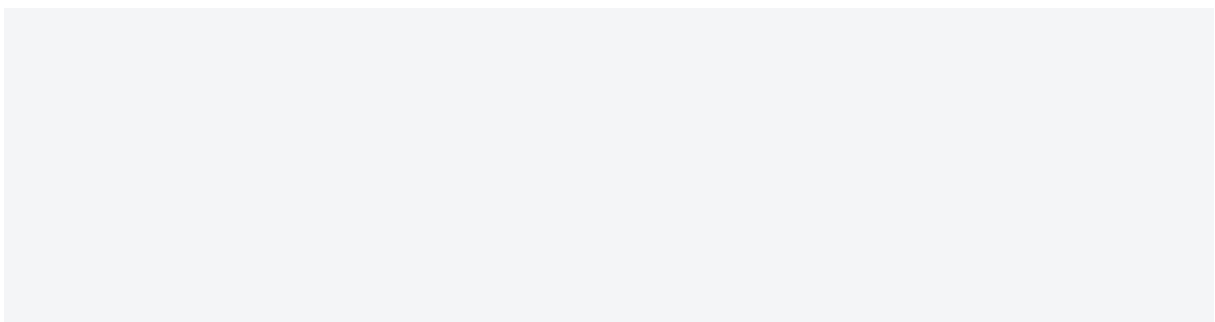
Which strengths do you wish you had?



What activities require you to use these strengths?



What do you think you could do to develop these strengths in the activities you wrote down?



Dr. Jeremy Sutton