


## Exercise 2: Personal Traits and Qualities

Your personal traits and qualities influence how you act in different situations. Below you find a list of traits and qualities. Some of them describe you as a person. You may also find words on the list that describe characteristics that you would like to improve.

a) Underline those that fit your personality. Mark traits and qualities that you wish to improve with a + sign. Add if something is missing.

accountable	enterprising	questioning
accurate	flexible	quick
active	forceful	realistic
adaptable	friendly	reliable
adventurous	generous	responsive
ambitious	gentle	risktaking
analytical	happy	self controlled
artistic	honest	sensitive
brave	humble	service oriented
calm	impulsive	silent
committed	independent	skeptical
competitive	innovative	spontaneous
confident	intense	straightforward
consistent	loyal	structured
creative	outgoing	supportive
curious	patient	sympathetic
determined	persistent	systematic
dominant	positive	tolerant
eager	practical	verbal
energetic	proactive	wise

Continues 

b) Rank your five most positive traits. Describe situations when these traits are most obvious to yourself and others.


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5.....  
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**Continues** 

c) Chose five traits you would like to improve or develop. How could you improve them?

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4.....  
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5.....  
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