

Positive Traits

Everyone has positive traits. It is important to be aware of your own positive traits. When you know what your positive traits are, you can improve your sense of self-worth.

Directions: Identify 3 of your strongest positive traits for each of the outlined sections. In the space below, write 2 positive traits that you would like to build or strengthen.

Personality	Kind	Nurturing	Funny	Resilient
	Skilled	Down To Earth	Strong Willed	Patient
	Cheerful	Independent	Laid back	Confident
	Realistic	Relaxed	Strong	

Academic / Work Ethic	Intelligent	Punctual	Decisive	Responsible
	Conscientious	Hardworking	Self-Directed	Organized
	Cooperative	Focused	Motivated	Reliable
	Practical	Innovative	Brave	

Social Traits	Generous	Accepting	Courteous	Authentic
	Adaptable	Attractive	Helpful	Thoughtful
	Polite	Listener	Respectful	Trusting
	Goofy	Loving	Friendly	

Morality / Spirituality	Insightful	Forgiving	Grateful	Disciplined
	Modest	Honest	Humble	Frugal
	Compassionate	Self-Reflective	Loyal	Selfless
	Accepting	Mature	Religious	

Open-Mindedness	Creative	Open-Minded	Positive	Fair
	Imaginative	Optimistic	Tolerant	Serious
	Determined	Romantic	Sensitive	Balanced
	Enthusiastic	Sincere	Wise	

What is 1 trait would you like to achieve, improve or strengthen? Why do you feel you would benefit from building these traits?

What is another trait would you like to achieve, improve or strengthen? Why do you feel you would benefit from building these traits?
