



Self-Awareness Category-

Emotional Processing: How you deal with your emotional reactions to situations

Growth Mindset: Whether you experience adversity as obstacles or opportunities

Honest Reflection: Your ability to see circumstances as they actually are without ANY bias.

Locus of Control: Whether you see events as being controlled within you or externally.

Self Determination: (tied to Locus of Control) Your ability to generate positive results.

Self-Talk: The internal dialog which directs your thoughts, feelings and actions.

Values: A person's judgement of what is important.

Enthusiasm Category

1. **Clarity of Purpose:** The internal understanding of a connection between your actions and why the actions are important in the larger scheme.
2. **Charisma:** A compelling attractiveness that inspires devotion.
3. **Commitment:** Your internal pledge to carry out your plan.
4. **Energy:** The mental strength that enables you to do things.
5. **Happiness/Joy:** Your internal positive feelings
6. **Gratitude:** The feeling of deep appreciation
7. **Optimism:** Your ability to interpret events positively



Mental Toughness Category

1. **Authenticity:** The ability to be true to yourself
2. **Courage:** The ability to take action when afraid
3. **Humility:** The ability to put your pride aside and make the right choice
4. **Initiative:** The ability to start at the right time, in the right way.
5. **Resilience:** The ability to bounce back from a tough challenge
6. **Risk-taking:** The willingness to take action when outcomes are uncertain because of missing data even if failure leads to adverse consequences.
7. **Self-discipline:** The ability to do the right thing without extrinsic pressure

Competence Category

1. **Effort:** Exerting high levels of enthusiasm, focus and persistence while performing tasks.
2. **Focus:** The ability to keep your attention on the task at hand
3. **Knowledge:** Stored information useful in performing tasks
4. **Resourcefulness:** The ability to obtain what you need to get a job done
5. **Skill:** The ability to perform a particular task well
6. **Talent:** A natural aptitude or skill.
7. **Time Management:** The ability to use time efficiently