

Successful Changers

Some Characteristics of Successful Changers

Here is a list of strengths that people can have. Look them over and circle five (5) that you recognize in yourself. How have these strengths surfaced to support you through change, challenge, and even “failure?”

| | | | |
|---------------|-----------------|---------------|-----------------|
| Accepting | Decisive | Knowledgeable | Tenacious |
| Active | Dedicated | Listening | Thankful |
| Adaptable | Determined | Loving | Thorough |
| Adventuresome | Die-hard | Mature | Thoughtful |
| Affectionate | Diligent | Open | Tough |
| Affirmative | Doer | Optimistic | Trusting |
| Alert | Eager | Orderly | Trustworthy |
| Alive | Earnest | Organized | Truthful |
| Ambitious | Effective | Patient | Understanding |
| Anchored | Empathetic | Perceptive | Unique |
| Assertive | Energetic | Persevering | Unstoppable |
| Assured | Enthusiastic | Persistent | Values-oriented |
| Attentive | Experienced | Positive | Vigorous |
| Balanced | Faithful | Powerful | Visionary |
| Bold | Fearless | Prayerful | Whole |
| Brave | Flexible | Principled | Willing |
| Bright | Focused | Quick | Winning |
| Capable | Forgiving | Reasonable | Wise |
| Careful | Forward-looking | Receptive | Worthy |
| Cheerful | Free | Regulated | Zealous |
| Clever | Grateful | Relaxed | Zestful |
| Collaborative | Grounded | Reliable | |
| Committed | Happy | Resourceful | |
| Communicative | Healthy | Responsible | |
| Competent | Hopeful | Sensible | |
| Concerned | Humble | Skillful | |
| Confident | Imaginative | Solid | |
| Considerate | Industrious | Spiritual | |
| Courageous | Ingenious | Stable | |
| Creative | Innovative | Steady | |
| Curious | Insightful | Straight | |
| | Intelligent | Strong | |
| | Just | Stubborn | |

