

# Cognit Electronic Health Record

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Date Time: 10/30/2020@14:14:03

Quiz Title: 3.2.1 Strengths=Strengths

Quiz Total: 27

Please share what you learned about yourself.

User Answer
I have more strengths than I thought.
<b>Total Score: 1</b>

Reflect on your life, your successes and challenges and examine the strengths that helped you. You have strengths that can be tapped into at anytime. Take your time and select all the strengths that may apply to you. If you are unsure if it applies check it off anyway. If you are struggling with checking off strengths think of the positive things others have said about you, ask for help completing the exercise, or finish the exercise at a later time. Scroll down to view the complete list of strengths.

User Answer (1=Accepting, 1=Accountable, 1=Adaptable, 1=Adventurous, 1=Affectionate, 1=Ambitious, 1=Analytical, 1=Articulate, 1=Assertive, 1=Balanced, 1=Bold, 1=Brave, 1=Broadminded, 1=Businesslike, 1=Calm, 1=Capable, 1=Careful, 1=Cautious, 1=Charming, 1=Clever, 1=Competent, 1=Confident, 1=Conscientious, 1=Considerate, 1=Consistent, 1=Cooperative, 1=Courageous, 1=Creative, 1=Curious, 1=Decisive, 1=Dedicated, 1=Dependable, 1=Determined, 1=Diplomatic, 1=Direct, 1=Disciplined, 1=Eager, 1=Easygoing, 1=Emotional, 1=Empathetic, 1=Energetic, 1=Engaging, 1=Enthusiastic, 1=Fair, 1=Firm, 1=Flexible, 1=Focused, 1=Friendly, 1=Gentle, 1=Communicator, 1=Listener, 1=Good-Natured, 1=Honest, 1=Imaginative, 1=Independent, 1=Inquisitive, 1=Insightful, 1=Intelligent, 1=Inventive, 1=Joyful, 1=Kind, 1=Knowledgeable, 1=Leader, 1=Likable, 1=Logical, 1=Lovable, 1=Loving, 1=Loyal, 1=Methodical, 1=Meticulous, 1=Motivated, 1=Open-Minded, 1=Optimistic, 1=Organized, 1=Outgoing, 1=Patient, 1=Perseverance, 1=Persistent, 1=Persuasive, 1=Pleasant, 1=Polite, 1=Positive, 1=Practical, 1=Proactive, 1=Rational, 1=Realistic, 1=Reliable, 1=Resourceful, 1=Responsible, 1=Self-Assured, 1=Self-Aware, 1=Self-Control, 1=Self-Confident, 1=Self-Disciplined, 1=Self-Motivated, 1=Sensible, 1=Skilled, 1=Smart, 1=Spiritual, 1=Stable, 1=Supportive, 1=Tactful, 1=Thorough, 1=Tolerant, 1=Tough, 1=Trusting, 1=Trustworthy, 1=Understanding, 1=Unexcitable, 1=Versatile, 1=Willing, 1=Witty)
Accepting(1), Adaptable(1), Ambitious(1), Careful(1), Cautious(1), Charming (1), Competent(1), Confident(1), Conscientious(1), Easygoing(1), Empathetic(1), Engaging(1), Fair(1), Friendly(1), Organized(1), Outgoing(1), Patient(1), Perseverance(1), Pleasant(1), Polite(1), Realistic(1), Spiritual(1), Supportive(1), Trustworthy(1), Understanding(1), Witty(1),
<b>Total Score: 26</b>