



Personality Strengths Exercise

We all have positive qualities, but often don't take time to identify them. This activity is a simple way of becoming aware of your qualities. **Instructions:** Circle words which relate to you. Think about how you see yourself, your character, intellect and outlook on life. Circle/bold as many words as you want. Be as honest and objective as possible. You can even ask people who know you well to do this activity!

Accepting	Achieving	Active
Adventurous	Affectionate	Ambitious
Articulate	Assertive	Attractive
Caring	Charismatic	Charming
Cheerful	Committed	Compassionate
Confident	Congenial	Conscientious
Cooperative	Creative	Dedicated
Dependable	Determined	Disciplined
Distinctive	Dynamic	Efficient
Empathetic	Encouraging	Energetic
Enterprising	Entertaining	Enthusiastic
Expressive	Fair-minded	Friendly
Gentle	Genuine	Good-natured
Graceful	Helpful	Humorous
Happy	Imaginative	Independent
Insightful	Intelligent	Intuitive
Knowledgeable	Logical	Likeable
Open-minded	Optimistic	Objective
Organized	Orderly	Original
Outgoing	Patient	Perceptive
Persistent	Persuasive	Poised
Precise	Productive	Professional
Quick	Rational	Realistic
Receptive	Reassuring	Responsive
Self-aware	Self-confident	Sensitive
Serious	Sincere	Skillful
Sociable	Spontaneous	Steady

Stimulating

Strong

Sympathetic

Talented

Thoughtful

Tolerant

Trusting

Truthful

Unique

Unpretentious

Vigorous

Warm