

Examples of personal characteristics and strengths

Accurate	Hard Working	Reliable
Artistic	High Standards	Reserved
Assertive	Imaginative	Responsible
Committed	Independent	Responsive
Compassionate	Inquisitive	Self-Assured
Confident	Intuitive	Self-Controlled
Creative	Kind	Self-Starter
Curious	Leader	Sensitive
Dedicated	Level-headed	Sociable
Dependable	Loyal	Stable
Efficient	Original	Tenacious
Emotional	People Oriented	Tolerant
Energetic	Perfectionist	Trustworthy
Entertaining	Personable	Other: _____
Enthusiastic	Persuasive	
Expressive	Practical	
Flexible	Productive	
Good Attitude	Punctual	
Good Communicator	Rational	

Need help identifying your top five?

To understand ourselves fully we need to consider how other people see and experience us. In this way we can discover things about ourselves that we did not know before. You can use this list as an exercise to understand your own talents and strengths better, not just from your own perspective but from other people who know us well.

Share this list with a friend, your mentor or a family member you trust. Ask them to think about what strengths and talents they think you possess, -ask them to justify, if possible, with a brief sentence where they have seen these characteristics. Once they have completed this, ask them to share the list with you.

You will also do the same exercise for yourself - highlighting talents and strengths you feel you possess. Compare your list and the list completed by someone else, you might be surprised what you will discover about yourself.