

Assets/Strengths

YOUR PERSONAL STRENGTHS LIST. Select the top 15. Eliminate 5. Eliminate 3 more. **I am...**

dignified	realistic	moderate	cheerful
inventive	trusting	responsible	clear-thinking
prudent	independent	honest	competitive
tenacious	pleasant	painstaking	competent
intelligent	steady	spunky	clever
progressive	versatile	sociable	introspective
alert	forceful	analytical	zany
daring	modest	forgiving	discreet
emotional	retiring	loving	kind
loyal	helpful	supportive	purposeful
reflective	outgoing	consistent	thorough
trustworthy	sincere	reflective	Intellectual
imaginative	formal	assertive	Precise
persevering	natural	motivated	Tactful
stable	robust	individualistic	Witty
verbal	healthy	cooperative	Dominant
ambitious	original	confident	Leisurely
curious	sharp-witted	poised	Quick
artistic	frank	bold	Thoughtful
courageous	obliging	strong	Informal
energetic	self-confident	broadminded	Practical
mature	friendly	warm	strong-minded
relaxed	open-minded	cool	Wise
unaffected	self-controlled	accurate	Academic
humorous	generous	considerate	Adventurous
patient	opportunistic	aggressive	Adaptable
spontaneous	sensible	flexible	Determined
uninhibited	gentle	deliberate	Eager
fair-minded	good-natured	efficient	light-hearted
methodical	optimistic	logical	Quiet
reliable	organized	tolerant	Unassuming
sensitive	industrious	unaffected	Serious
polite	far-sighted	original	strong-minded
meticulous	conservative	wholesome	Reserved
businesslike	active	understanding	Calm
affectionate	firm	capable	Easygoing
mild	careful	likable	Resourceful
conscientious	rational	unexcitable	Cautious
tough	attractive	charming	

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