Personality Traits Self Reflection Exercise

Go through the following list and check off the traits that describe you. Then go back through the list and determine which traits you feel are dominant. Which traits are you particularly proud of and which do you feel you need to work on improving?

Print this list off and give it to people that know you well and have them independently go through the list. Compare your list with theirs to determine how you see yourself and how you are perceived by others.

___ Accurate  ___ Forgiving  ___ Self Confident
___ Ambitious  ___ Friendly  ___ Self Control
___ Analytical  ___ Generous  ___ Self Reliant
___ Approachable  ___ Goal-oriented  ___ Sensitive to others
___ Assertive  ___ High Achiever  ___ Serious
___ Athletic  ___ Honest  ___ Team Oriented
___ Calm  ___ Humorous  ___ Tenacious
___ Careful  ___ Independent  ___ Thorough
___ Clear Communicator  ___ Initiates
___ Competitive  ___ Integrity  ___ Introverted
___ Confident  ___ Intimidating
___ Conforming  ___ Intuitive
___ Conscientious  ___ Irresponsible
___ Considerate  ___ Meticulous
___ Consistent  ___ Open minded
___ Co-operative  ___ Optimistic
___ Creative  ___ Organized
___ Curious  ___ Original
___ Decisive  ___ Outgoing
___ Demanding  ___ Patient
___ Dependable  ___ Perfectionist
___ Dependent  ___ People Pleaser
___ Diligent  ___ Persistent
___ Diplomatic  ___ Persuasive
___ Direct  ___ Positive
___ Disciplined  ___ Practical
___ Disorganized  ___ Precise
___ Down To Earth  ___ Professional
___ Easy Going  ___ Punctual
___ Effective  ___ Quality Focused
___ Efficient  ___ Quick Learner
___ Embrace Change  ___ Realistic
___ Empathetic  ___ Reliable
___ Energetic  ___ Resourceful
___ Enthusiastic  ___ Respectful
___ Extroverted  ___ Responsible
___ Flexible  ___ Responsive