

humantold

Character Trait List

In this activity start by checking as many you feel apply to you:

- Active
- Admirable
- Adventurous
- Agreeable
- Amiable
- Amusing
- Appreciative
- Athletic
- Authentic
- Benevolent
- Brave
- Bright
- Brilliant
- Calm
- Capable
- Caring
- Charming
- Cheerful
- Clean
- Clear-headed
- Clever
- Compassionate
- Confident
- Considerate
- Cooperative
- Courageous
- Courteous
- Creative
- Curious
- Dedicated
- Easygoing
- Educated
- Enthusiastic
- Ethical
- Exciting
- Extraordinary
- Fair
- Firm
- Focused
- Forgiving
- Friendly
- Funny
- Generous
- Gentle
- Good-natured
- Grateful
- Happy
- Hardworking
- Helpful
- Heroic
- Honest
- Hopeful
- Humble
- Innocent
- Intelligent
- Inventive
- Joyful
- Kind
- Lively
- Loving
- Loyal
- Neat
- Nice
- Optimistic
- Organized
- Passionate
- Patient
- Peaceful
- Playful
- Polite
- Principled
- Reliable
- Respectful
- Responsible
- Self-disciplined
- Selfless
- Sincere
- Skillful
- Strong
- Sweet
- Thoughtful
- Trustworthy
- Understanding
- Unselfish
- Wise
- Other: _____
- _____

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Next in order to further recognize your strengths and characteristics reflect on some of the times you utilized these.

Character Trait	Memory

Reflection:

- How would you like to continue utilizing this strength or characteristic?
- How can you call upon these parts of you when under stress?
