

PERSONAL STRENGTHS

Exploring your strengths can be helpful and rewarding as you look at them in relation to a career choice. You, your friends, and family are reliable sources for helping you to identify your strengths.

First, read each word and **underline or highlight** the ones that describe you as you are now.

Second, look back over the list and **place a check** to the left of the words that are most highly descriptive of you. Then give a second sheet to a friend or family member and have them do the same rating for you.

I am:

<input type="checkbox"/> Academic	<input type="checkbox"/> Efficient	<input type="checkbox"/> Natural	<input type="checkbox"/> Sociable
<input type="checkbox"/> Active	<input type="checkbox"/> Emotional	<input type="checkbox"/> Obliging	<input type="checkbox"/> Spontaneous
<input type="checkbox"/> Accurate	<input type="checkbox"/> Energetic	<input type="checkbox"/> Open-minded	<input type="checkbox"/> Spunky
<input type="checkbox"/> Adaptable	<input type="checkbox"/> Fair-minded	<input type="checkbox"/> Opportunistic	<input type="checkbox"/> Stable
<input type="checkbox"/> Adventurous	<input type="checkbox"/> Farsighted	<input type="checkbox"/> Optimistic	<input type="checkbox"/> Steady
<input type="checkbox"/> Affectionate	<input type="checkbox"/> Firm	<input type="checkbox"/> Organized	<input type="checkbox"/> Strong
<input type="checkbox"/> Aggressive	<input type="checkbox"/> Flexible	<input type="checkbox"/> Original	<input type="checkbox"/> Strong-minded
<input type="checkbox"/> Alert	<input type="checkbox"/> Forceful	<input type="checkbox"/> Outgoing	<input type="checkbox"/> Sympathetic
<input type="checkbox"/> Ambitious	<input type="checkbox"/> Formal	<input type="checkbox"/> Painstaking	<input type="checkbox"/> Tactful
<input type="checkbox"/> Artistic	<input type="checkbox"/> Frank	<input type="checkbox"/> Patient	<input type="checkbox"/> Teachable
<input type="checkbox"/> Attractive	<input type="checkbox"/> Friendly	<input type="checkbox"/> Peaceable	<input type="checkbox"/> Tenacious
<input type="checkbox"/> Bold	<input type="checkbox"/> Generous	<input type="checkbox"/> Persevering	<input type="checkbox"/> Thorough
<input type="checkbox"/> Broadminded	<input type="checkbox"/> Gentle	<input type="checkbox"/> Pleasant	<input type="checkbox"/> Thoughtful
<input type="checkbox"/> Businesslike	<input type="checkbox"/> Good-natured	<input type="checkbox"/> Poised	<input type="checkbox"/> Tolerant
<input type="checkbox"/> Calm	<input type="checkbox"/> Healthy	<input type="checkbox"/> Polite	<input type="checkbox"/> Tough
<input type="checkbox"/> Capable	<input type="checkbox"/> Helpful	<input type="checkbox"/> Practical	<input type="checkbox"/> Trusting
<input type="checkbox"/> Careful	<input type="checkbox"/> Honest	<input type="checkbox"/> Precise	<input type="checkbox"/> Trustworthy
<input type="checkbox"/> Cautious	<input type="checkbox"/> Humorous	<input type="checkbox"/> Progressive	<input type="checkbox"/> Unaffected
<input type="checkbox"/> Cheerful	<input type="checkbox"/> Idealistic	<input type="checkbox"/> Prudent	<input type="checkbox"/> Unassuming
<input type="checkbox"/> Clear-thinking	<input type="checkbox"/> Imaginative	<input type="checkbox"/> Purposeful	<input type="checkbox"/> Understanding
<input type="checkbox"/> Clever	<input type="checkbox"/> Independent	<input type="checkbox"/> Quick	<input type="checkbox"/> Unexcitable
<input type="checkbox"/> Competent	<input type="checkbox"/> Individualistic	<input type="checkbox"/> Quiet	<input type="checkbox"/> Uninhibited
<input type="checkbox"/> Competitive	<input type="checkbox"/> Industrious	<input type="checkbox"/> Rational	<input type="checkbox"/> Verbal
<input type="checkbox"/> Confident	<input type="checkbox"/> Informal	<input type="checkbox"/> Realistic	<input type="checkbox"/> Versatile
<input type="checkbox"/> Conscientious	<input type="checkbox"/> Intellectual	<input type="checkbox"/> Reflective	<input type="checkbox"/> Warm
<input type="checkbox"/> Conservative	<input type="checkbox"/> Intelligent	<input type="checkbox"/> Relaxed	<input type="checkbox"/> Wholesome
<input type="checkbox"/> Considerate	<input type="checkbox"/> Inventive	<input type="checkbox"/> Reliable	<input type="checkbox"/> Wise
<input type="checkbox"/> Cool	<input type="checkbox"/> Kind	<input type="checkbox"/> Reserved	<input type="checkbox"/> Witty
<input type="checkbox"/> Cooperative	<input type="checkbox"/> Leisurely	<input type="checkbox"/> Resourceful	<input type="checkbox"/> Zany
<input type="checkbox"/> Courageous	<input type="checkbox"/> Light-hearted	<input type="checkbox"/> Responsible	
<input type="checkbox"/> Curious	<input type="checkbox"/> Likable	<input type="checkbox"/> Retiring	(Write in, below, any additional words that you believe describe you.) _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____
<input type="checkbox"/> Daring	<input type="checkbox"/> Logical	<input type="checkbox"/> Robust	
<input type="checkbox"/> Deliberate	<input type="checkbox"/> Loyal	<input type="checkbox"/> Self-confident	
<input type="checkbox"/> Determined	<input type="checkbox"/> Mature	<input type="checkbox"/> Self-controlled	
<input type="checkbox"/> Dignified	<input type="checkbox"/> Methodical	<input type="checkbox"/> Sensible	
<input type="checkbox"/> Discreet	<input type="checkbox"/> Meticulous	<input type="checkbox"/> Sensitive	
<input type="checkbox"/> Dominant	<input type="checkbox"/> Mild	<input type="checkbox"/> Serious	
<input type="checkbox"/> Eager	<input type="checkbox"/> Moderate	<input type="checkbox"/> Sharp-witted	
<input type="checkbox"/> Easygoing	<input type="checkbox"/> Modest	<input type="checkbox"/> Sincere	

NAME: _____

NAME OF SECOND RATER: _____

RELATION TO STUDENT: _____