

## ***Personality Strengths***

Place a tick beside the 5 traits which best describe you. Don't restrict your choices to the workplace. Consider your behaviour in general. To get a more complete picture of your strengths, you may like to seek feedback from others. Ask someone who knows you well to complete this activity. You may be surprised when they identify strengths in you that you did not recognise in yourself.

- |   |  |
|---|--|
| <input type="checkbox"/> Accurate       | <input type="checkbox"/> Methodical      |
| <input type="checkbox"/> Adaptable      | <input type="checkbox"/> Motivated       |
| <input type="checkbox"/> Aggressive     | <input type="checkbox"/> Optimistic      |
| <input type="checkbox"/> Ambitious      | <input type="checkbox"/> Organised       |
| <input type="checkbox"/> Analytical     | <input type="checkbox"/> Outgoing        |
| <input type="checkbox"/> Assertive      | <input type="checkbox"/> Patient         |
| <input type="checkbox"/> Calm           | <input type="checkbox"/> Persuasive      |
| <input type="checkbox"/> Careful        | <input type="checkbox"/> Pessimistic     |
| <input type="checkbox"/> Clear thinking | <input type="checkbox"/> Practical       |
| <input type="checkbox"/> Competitive    | <input type="checkbox"/> Precise         |
| <input type="checkbox"/> Confident      | <input type="checkbox"/> Punctual        |
| <input type="checkbox"/> Conservative   | <input type="checkbox"/> Quick           |
| <input type="checkbox"/> Diplomatic     | <input type="checkbox"/> Quiet           |
| <input type="checkbox"/> Easy going     | <input type="checkbox"/> Reliable        |
| <input type="checkbox"/> Efficient      | <input type="checkbox"/> Reserved        |
| <input type="checkbox"/> Emotional      | <input type="checkbox"/> Resourceful     |
| <input type="checkbox"/> Empathetic     | <input type="checkbox"/> Risk taking     |
| <input type="checkbox"/> Enthusiastic   | <input type="checkbox"/> Self controlled |
| <input type="checkbox"/> Friendly       | <input type="checkbox"/> Sensitive       |
| <input type="checkbox"/> Good natured   | <input type="checkbox"/> Sincere         |
| <input type="checkbox"/> Helpful        | <input type="checkbox"/> Supportive      |
| <input type="checkbox"/> Honest         | <input type="checkbox"/> Tactful         |
| <input type="checkbox"/> Humorous       | <input type="checkbox"/> Tenacious       |
| <input type="checkbox"/> Independent    | <input type="checkbox"/> Thorough        |
| <input type="checkbox"/> Intelligent    | <input type="checkbox"/> Tough           |
| <input type="checkbox"/> Inventive      | <input type="checkbox"/> Understanding   |
| <input type="checkbox"/> Kind           | <input type="checkbox"/> Versatile       |
| <input type="checkbox"/> Logical        |  |
| <input type="checkbox"/> Loyal          |  |

Write about situations in the workplace where these strengths have worked well for you.