

Self-Assured! Positive Qualities

Place a check mark next to the activity/description that you sometimes are, or have been, **reasonably**. Note that the instructions state reasonably. We are not looking for perfection as perfection is impossible.

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|--|---|---------------------------------------|--|
| <input type="checkbox"/> Clean | <input type="checkbox"/> Handy | <input type="checkbox"/> Literate | <input type="checkbox"/> Punctual |
| <input type="checkbox"/> Assured | <input type="checkbox"/> Self-Confident | <input type="checkbox"/> Enthusiastic | <input type="checkbox"/> Spirited |
| <input type="checkbox"/> Optimistic | <input type="checkbox"/> Friendly | <input type="checkbox"/> Loyal | <input type="checkbox"/> Committed |
| <input type="checkbox"/> Humorous | <input type="checkbox"/> Gentle | <input type="checkbox"/> Trustworthy | <input type="checkbox"/> |
| <input type="checkbox"/> Loving | <input type="checkbox"/> Strong | <input type="checkbox"/> Powerful | <input type="checkbox"/> Resolute |
| <input type="checkbox"/> Firm | <input type="checkbox"/> Patient | <input type="checkbox"/> Logical | <input type="checkbox"/> Reasonable |
| <input type="checkbox"/> Rational | <input type="checkbox"/> Determined | <input type="checkbox"/> Creative | <input type="checkbox"/> Intuitive |
| <input type="checkbox"/> Imaginative | <input type="checkbox"/> Disciplined | <input type="checkbox"/> Talented | <input type="checkbox"/> Sensitive |
| <input type="checkbox"/> Compassionate | <input type="checkbox"/> Persuasive | <input type="checkbox"/> Cheerful | <input type="checkbox"/> Considerate |
| <input type="checkbox"/> Polite | <input type="checkbox"/> Responsive | <input type="checkbox"/> Respectful | <input type="checkbox"/> Adventurous |
| <input type="checkbox"/> Principled | <input type="checkbox"/> Industrious | <input type="checkbox"/> Ethical | <input type="checkbox"/> Generous |
| <input type="checkbox"/> Well-Groomed | <input type="checkbox"/> Reliable | <input type="checkbox"/> Attractive | <input type="checkbox"/> Appreciative |
| <input type="checkbox"/> Organized | <input type="checkbox"/> Sharing | <input type="checkbox"/> Reliable | <input type="checkbox"/> Encouraging |
| <input type="checkbox"/> Intelligent | <input type="checkbox"/> Forgiving | <input type="checkbox"/> Perceptive | <input type="checkbox"/> Physically Active |
| <input type="checkbox"/> Cooperative | <input type="checkbox"/> Conciliatory | <input type="checkbox"/> Tranquil | <input type="checkbox"/> Open-Minded |
| <input type="checkbox"/> Tactful | <input type="checkbox"/> Spontaneous | <input type="checkbox"/> Flexible | <input type="checkbox"/> Successful |
| <input type="checkbox"/> Adaptive | <input type="checkbox"/> Energetic | <input type="checkbox"/> Expressive | <input type="checkbox"/> Affectionate |
| <input type="checkbox"/> Graceful | <input type="checkbox"/> Dignified | <input type="checkbox"/> Orderly | <input type="checkbox"/> Trusting |

Now place a check mark next to the words that describe what you are sometime **reasonably** good at.

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|---|--|---|--|
| <input type="checkbox"/> Socializing | <input type="checkbox"/> Athletics | <input type="checkbox"/> Strategizing | <input type="checkbox"/> Making Art |
| <input type="checkbox"/> Listening | <input type="checkbox"/> Cleaning | <input type="checkbox"/> Being a Friend | <input type="checkbox"/> Learning |
| <input type="checkbox"/> Cooking | <input type="checkbox"/> Working | <input type="checkbox"/> Making Music | <input type="checkbox"/> Leading |
| <input type="checkbox"/> Making Decisions | <input type="checkbox"/> Counseling | <input type="checkbox"/> Helping | <input type="checkbox"/> Organizing |
| <input type="checkbox"/> Planning | <input type="checkbox"/> Following | <input type="checkbox"/> Supporting | <input type="checkbox"/> Debating |
| <input type="checkbox"/> Smiling | <input type="checkbox"/> Thinking | <input type="checkbox"/> Storytelling | <input type="checkbox"/> Meditating |
| <input type="checkbox"/> Problem Solving | <input type="checkbox"/> Taking Criticism | <input type="checkbox"/> Writing | <input type="checkbox"/> Requesting |
| <input type="checkbox"/> Setting Examples | <input type="checkbox"/> Correcting Mistakes | <input type="checkbox"/> Enjoying Hobbies | <input type="checkbox"/> Being a Family Member |