

EXERCISE: YOUR PERSONALITY TRAITS

In this exercise, begin by asking an individual who holds you in the highest regard (and knows you well) to review the list and select all of the personality traits they would use to describe you. Next, review the list—including their selections—and select traits you'd use to describe yourself. Work quickly; go with your gut and don't spend too much time overanalyzing. List additional personality traits if necessary.

Adaptable	Charming	Driven	Fresh	Insecure	Outgoing
Adventurous	Cheerful	Dry	Friendly	Intellectual	Passionate
Affable	Chic	Dynamic	Frugal	Intelligent	Patient
Affectionate	Classy	Easygoing	Fun	Intentional	Patriotic
Aggressive	Clever	Eccentric	Funny	Intuitive	Persistent
Agreeable	Common	Eclectic	Geeky	Inventive	Philosophical
Ambitious	Communicative	Elegant	Generous	Kind	Pioneering
Amiable	Compassionate	Emotional	Gentle	Laid-back	Placid
Amicable	Complex	Empathetic	Genuine	Lighthearted	Plucky
Amusing	Confident	Energetic	Good	Loud	Poised
Anxious	Conscientious	Enthusiastic	Gregarious	Loving	Polite
Argumentative	Considerate	Encouraging	Guarded	Loyal	Powerful
Arrogant	Courageous	Exclusive	Happy	Mature	Practical
Authentic	Courteous	Exotic	Hardworking	Meek	Pretentious
Boastful	Creative	Exuberant	Hardy	Modern	Private
Bold	Cultured	Fair-minded	Helpful	Modest	Proactive
Boring	Decisive	Faithful	Honest	Mysterious	Punctual
Bossy	Delicate	Family-oriented	Hotheaded	Naive	Purposeful
Brave	Dependable	Fearless	Humble	Natural	Pushy
Bright	Determined	Fiery	Humorous	Neat	Quick-witted
Broad-minded	Diligent	Flamboyant	Imaginative	Nice	Quiet
Calm	Diplomatic	Flexible	Impartial	Nurturing	Quirky
Careful	Discreet	Forceful	Inclusive	Opinionated	Rational
Casual	Distant	Frank	Independent	Optimistic	Refined
Charismatic	Distracted	Free-spirited	Innovative	Organized	Regimented

EXERCISE: YOUR PERSONALITY TRAITS (CONTINUED)

Relaxed	Self-confident	Smart	Spicy	Thoughtful	Versatile
Relentless	Self-disciplined	Smart-ass	Sporty	Tidy	Warm
Reliable	Sensible	Snobby	Straightforward	Tough	Warmhearted
Reserved	Sensitive	Snotty	Strong	Traditional	Welcoming
Resourceful	Serious	Sociable	Studios	Trusting	Wild
Romantic	Shy	Soft-spoken	Stylish	Unassuming	Willing
Sassy	Simple	Sophisticated	Sweet	Understanding	Witty
Scattered	Sincere	Sparkling	Sympathetic	Unique	Wondrous