

# My Strengths

Directions: Circle a minimum of ten personal traits that you consider to be your greatest strengths. Use the form at the bottom of the page to prioritize what you consider to be your five most valuable characteristics.

Attractive	Healthy	Well-groomed	Courteous	Patient
Content	Tolerant	Calm	Considerate	Peaceful
Sensitive	Assertive	Persuasive	Ambitious	Creative
Friendly	Wise	Decisive	Intelligent	Happy
Enthusiastic	Mature	Caring	Understanding	Generous
Honest	Dependable	Attentive	Sincere	Fair
Open-minded	Cheerful	Energetic	Loyal	Organized

## Prioritize Your Selections (Rank from 1 to 5)

Directions: List what you consider to be your most important trait first, etc., and then explain how you will apply that trait in your personal life.

Trait #1 \_\_\_\_\_ Application: \_\_\_\_\_

Trait #2 \_\_\_\_\_ Application: \_\_\_\_\_

Trait #3 \_\_\_\_\_ Application: \_\_\_\_\_

Trait #4 \_\_\_\_\_ Application: \_\_\_\_\_

Trait #5 \_\_\_\_\_ Application: \_\_\_\_\_