

My Personal Traits

Name: _____

Date: _____

INSTRUCTIONS: After each of the following personal traits, give yourself a number from 1 – 5 that best describes how you view yourself (in COLUMN A) and also how you think others see you (in COLUMN B). It is okay if the numbers you choose for each trait are different in COLUMNS A + B, although in some cases they may also be the same number.

Give yourself a number according to the following guide:

1. Not at all like me
2. Once in a while like me
3. Sometimes like me
4. Often like me
5. Always like me

Personal Traits	COLUMN A	COLUMN B
	How I View Myself	How Others View Me
Aggressive	-----	-----
Assertive	-----	-----
Competitive	-----	-----
Confident	-----	-----
Conservative	-----	-----
Creative	-----	-----
Curious	-----	-----
Dependent on others	-----	-----
Eager to please	-----	-----
Easy going	-----	-----
Follower	-----	-----
Friendly	-----	-----
Generous	-----	-----
Good leader	-----	-----
Good listener	-----	-----
Good problem solver	-----	-----
Happy	-----	-----
Hard working	-----	-----
Helpful to others	-----	-----

My Personal Traits (continued)

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	COLUMN A	COLUMN B
Personal Traits	How I View Myself	How Others View Me
Independent	-----	-----
Inquisitive	-----	-----
Intelligent	-----	-----
Kind	-----	-----
Likes challenges	-----	-----
Likes prestige	-----	-----
Likes recognition	-----	-----
Likes to be careful	-----	-----
Likes variety	-----	-----
Loyal	-----	-----
Perfectionist	-----	-----
Positive	-----	-----
Practical	-----	-----
Precise	-----	-----
Presents ideas well	-----	-----
Quick to learn	-----	-----
Rebellious	-----	-----
Risk taker	-----	-----
Sensitive	-----	-----
Sometimes unsure	-----	-----
Stubborn	-----	-----
Talented	-----	-----
Trustworthy	-----	-----
Well organized	-----	-----
Withdrawn	-----	-----

My Personal Traits (continued)

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INSTRUCTIONS: From the “My Personal Traits” information sheet answer the following questions:

1. The traits that I scored as a 4 or 5 in column A are

2. The traits that I scored as a 4 or 5 in column B are

3. The traits that I scored as a 1 or 2 in column A are

4. The traits that I scored as a 1 or 2 in column B are

5. The traits that others definitely see me different that I see myself are

6. Based on the results of this activity, the three traits that best describe me are

a) _____

b) _____

c) _____

7. From this activity, I have learned the following about myself
