

## Personal Traits Exercise

Personal traits are personality characteristics which demonstrate an individual's natural personal style. Use the scale below to rate how strongly you possess and demonstrate each trait on a regular basis: Low, Medium, or High. See *Optional Exercise* below for getting 360° degree feedback.

<b>Skill</b>	<b>Low</b>	<b>Medium</b>	<b>High</b>
Adaptable			
Assertive			
Committed			
Dependable			
Detailed			
Diplomatic			
Direct			
Efficient			
Energetic			
Enthusiastic			
Imaginative			
Independent			
Initiative			
Innovative			
Learn Quickly			
Motivated			
Objective			
Open-minded			
Organized			
Patient			
Perceptive			
Persistent			
Personable			
Practical			
Proactive			
Professional			
Resourceful			
Responsible			
Results-Oriented			
Risk-Taking			
Self-Confident			
Team-Oriented			
Thorough			

Examine those skills in the HIGH category and list the strongest 6 to 8 below.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_  
 5. \_\_\_\_\_ 6. \_\_\_\_\_ 7. \_\_\_\_\_ 8. \_\_\_\_\_

**Optional Exercise:** Copy this form and ask a few friends and colleagues to provide their feedback on your personality.\*

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