REFLECTIONS Personal Characteristics List



PERSONAL CHARACTERISTICS

List all of the qualities that you can think of that you would use in describing yourself. Remember that this is no time for modesty. Then approach one or more people whom you know personally or through work. Ask them how they would describe you. Don't forget to jot down their thoughts and add their input to your list.

My Personal Characteristics:	
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Choose your top five to continue this exercise on the next page.

REFLECTIONS Personal Characteristics List



Personal characteristic-	A time when I used this -	The positive result was -
1.		
2.		
2.		
3.		
4.		
5.		