

Personal Strengths List

Action-orientated	Diplomatic	Imaginative	Poised
Adaptable	Disciplined	Independent	Positive
Adventurous	Down to Earth	Influential	Presence
Affectionate	Dreamer	Ingenious	Problem Solver
Ambitious	Driven	Innovative	Prudent
Analytical	Easygoing	Insightful	Punctual
Appreciative	Efficient	Inspiring	Quick-witted
Articulate	Emotionally Intelligent	Integrity	Reflective
Artistic	Empathetic	Intelligent	Reliable
Assertive	Energetic	Introspective	Resourceful
Athletic	Entertainer	Intuitive	Responsible
Bold	Enthusiastic	Leader	Risk-taker
Brave	Factual	Level-headed	Resilient
Calm	Fair	Logical	Respectful
Caring	Faithful	Love to Learn	Self-assured
Cautious	Fast	Loving	Self-disciplined
Charismatic	Flexible	Loyal	Sense of Humor
Charming	Focused	Kind	Spirited
Cheerful	Forgiving	Knowledgeable	Spiritual
Clever	Forthright	Magnetic	Socially Intelligent
Collaborative	Full of Zest	Meticulous	Spontaneous
Collegial	Funny	Mindful	Strategic Thinker
Commanding	Future-minded	Modest	Strong Faith
Compassionate	Generous	Observant	Thoughtful
Competitive	Genuine	Open-minded	Sensitive
Confident	Goal-orientated	Optimistic	Straightforward
Considerate	Go-getter	Organized	Strong-willed
Courageous	Good Listener	Outgoing	Thankful
Creative	Grateful	Passionate	Thinker
Critical Thinker	Handy	Patient	Thrifty
Curious	Hard-working	People-person	Tactful
Decisive	Honest	Perceptive	Versatile
Dedicated	Hopeful	Persistent	Visionary
Detail-orientated	Humble	Persuasive	Warm
Determined	Humorous	Planner	Wholehearted
Devoted	Idealist	Playful	Wise

In the box below, add in other strengths you see in yourself and others. Keep building on this list!