Name

# **Internal Strengths:**

**Self Confidence:** believing in my self and my abilities
**Risk-taking:** taking the difficult road to expand my comfort zone
**Self-motivation:** getting myself started
**Enthusiastic:** having energy and interest for what I’m doing
**Reflective:** truly looking at myself
**Emotionally aware:** in touch with how my feelings influence my actions
**Empowered:** realizing that I’m in charge of my future
**Responsible:** being dependable; someone others can count on
**Self-disciplined:** taking control of myself
**Flexibility:** adapting to change and the stress created by it
**Toughness:** dealing with adversity when things aren’t going my way
**Challenge:** seeing problems as learning opportunities
**Courageous:** responding in spite of fear or lack of confidence
**Commitment:** valuing putting forth my full effort
**Optimistic:** hopeful, valuing the positive
**Opportunistic:** keeping my eyes and ears open for possibilities

# Social Qualities:

**Fun:** realizing that learning and working with others can be joyful
**Respectful:** honoring others by my words and actions
**Acceptance:** valuing diversity and people who are different than me
**Communication:** willing to listen to others and share appropriately
**Honest:** Valuing living with truth and communicating truth
**Empathetic:** understanding what others are going through
**Team Player:** helping; working well with others
**Open Minded:**  accepting points of view different than my own
**Conflict Resolution:** working through issues in a peaceful manner
**Tact:** expressing myself with concern for other’s feelings
**Kindness:** Going out of my way to be nice and considerate of others

# Problem Solving Skills:

**Time Management:** making good use of my time
**Proactive:** seeing what needs to be done and doing it
**Focus:** keeping my attention on the task or goal
**Persistent:** sticking with the job until it is finished
**Patience:** realizing that success often doesn’t come easily
**Organized:** able to look ahead and keep my life in order
**Goal Setting:** planning to meet long and short-term needs
**Creative:** inventive, full of ideas, able to see or do things in a new way
**Resourceful:** finding a way to get the job done

# Special ‘Getting-through-life’ Skills

**Asking for help
Dealing with the DFLIs** (don’t feel like it) **& Dwanna’s** (don’t want to)