



Positive Traits Exercise

Name: _____ **Date:** _____

Step 1: Begin by identifying and circling 5 of your own positive traits.
Think of these as your "Default Settings", for better or worse!

Accepting	Direct	Insightful
Adaptability	Disciplined	Intelligent
Accountable	Down-to-Earth	Kind
Adaptable	Driven	Knowledgeable
Adventurous	Efficient	Loyal
Ambitious	Empathetic	Mature
Analytical	Encouraging	Methodical
Articulate	Energetic	Mindful
Artistic	Enthusiastic	Motivated
Assertive	Entrepreneurial	Nurturing
Attentive	Faithful	Observant
Balanced	Flexible	Open-Minded
Calm	Focused	Organized
Caring	Forgiving	Passionate
Clever	Friendly	Patient
Commanding	Frugal	Realistic
Committed	Funny	Relaxed
Compassionate	Generous	Reliable
Competitive	Gentle	Resilient
Concise	Giving	Resourceful
Confident	Goofy	Responsible
Considerate	Grateful	Sensitive
Cooperative	Hardworking	Serious
Courageous	Honest	Sincere
Creative	Humble	Sociable
Decisive	Imaginative	Tenacious
Dedicated	Independent	Thoughtful
Dependable	Industrious	Trusting
Determined	Informed	Understanding
Devoted	Innovative	Versatile

Positive Traits Exercise

Step 2: Now that you've identified 5 of your traits, look up the dictionary definition of each word and write both the trait and its definition in the section after the dotted line. *Make sure* that the definition still fits for you. If it doesn't, return to step one and find a new word.

Step 3: With your positive traits and their dictionary definitions written, now you are ready to provide examples of evidence that support this trait from your life. Make sure your examples are true and will hold up under your own scrutiny later!

For example:

Positive Trait #1: Courageous

Dictionary Definition:

Having courage, meaning mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty.

Supporting Evidence:

- I've been through a lot in my life but I still have some hope.
- Even though I want to just give up sometimes, I choose to keep going.
- I wasn't sure I'd make it out of school sometimes but I did.
- I was scared and nervous to do this exercise but I did it anyways.

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Positive Trait #1: _____

Dictionary Definition:

Supporting Evidence:

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Positive Trait #2: _____

Dictionary Definition:

Supporting Evidence:

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Positive Trait #3: _____

Dictionary Definition:

Supporting Evidence:

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Positive Trait #4: _____

Dictionary Definition:

Supporting Evidence:

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Positive Trait #5: _____

Dictionary Definition:

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Supporting Evidence:

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Step 4: Now that you've identified, defined, and provided evidence for your positive traits it's time to live them out. You can use these traits to help you make decisions in the future since you now know that you have met the dictionary definition of each word and provided evidence to support it!

You can also use your traits when you get down on yourself or begin to believe that you're a "Screw up", "Idiot", "Failure", and so on. Those things aren't true. So what is true then...

Your five positive traits! That's what is true! But why stop at five? Keep it going and identify even more of your traits and share them with someone else!

Positive Trait #6: _____

Dictionary Definition:

Supporting Evidence:

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Positive Trait #7: _____

Dictionary Definition:

Supporting Evidence:

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Positive Trait #8: _____

Dictionary Definition:

Supporting Evidence:

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Positive Trait #9: _____

Dictionary Definition:

Supporting Evidence:

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Positive Trait #10: _____

Dictionary Definition:

Supporting Evidence:

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Positive Traits Reflection

Now that you've taken the time to identify some of your positive traits, how do you see yourself differently? What do you notice?
