



How Others See Me

Ask someone who is close to you— spouse, sibling, roommate or friend—to circle 10 to 15 traits that describe you. Their impressions may surprise you and possibly point you in some new direction. Look for ways to maximize your strengths and overcome your weaknesses.

Able	Fearful	Mature	Realistic
Accepting	Foolish	Modest	Reasonable
Active	Frank	Mystical	Reassuring
Adaptable	Friendly	Naive	Reflective
Ambitious	Frugal	Negative	Relaxed
Angry	Gentle	Neurotic	Reliable
Anxious	Giving	Noisy	Religious
Assertive	Gruff	Observant	Remote
Bitter	Gullible	Obsessive	Resentful
Bold	Hard	Organized	Reserved
Bright	Helpful	Original	Resolute
Calm	Helpless	Overconfident	Respectful
Careless	Honorable	Overemotional	Responsible
Caring	Idealistic	Overprotective	Responsive
Certain	Imaginative	Passive	Rigid
Cheerful	Inconsiderate	Paternal	Sarcastic
Clever	Independent	Patient	Satisfied
Cold	Innovative	Perceptive	Scientific
Confident	Insensitive	Perfectionist	Searching
Conforming	Insincere	Persuasive	Self-Accepting
Controlled	Intelligent	Petty	Self-Assertive
Courageous	Introverted	Playful	Self-Aware
Creative	Intuitive	Pleasant	Self-Conscious
Critical	Irresponsible	Poised	Self-Indulgent
Cynical	Irritable	Pompous	Self-Righteous
Demanding	Jealous	Powerful	Sensitive
Dependable	Jovial	Precise	Unpredictable
Dependent	Juvenile	Pretentious	Unreasonable
Determined	Kind	Principled	Unstructured
Dignified	Knowledgeable	Progressive	Useful
Disciplined	Lazy	Protective	Vain
Domineering	Liberal	Proud	Vulnerable
Dutiful	Lively	Quarrelsome	Warm
Efficient	Logical	Questioning	Wise
Elusive	Loving	Quiet	Withdrawn
Ethical	Manipulative	Radical	Witty
Extroverted	Materialistic	Rational	Worried
Fair	Maternal	Reactionary	Youthful



Skills Identification

