Identifying your Strengths and Attributes

Take a moment to consider each strength/attribute and its relevance to you personally. Ask yourself is it?

1 - Not at all important in my career

2 - Fairly important in my career,

3 - Very important in my career

4 - Extremely important in my career

In the boxes alongside each strength/attribute, mark 1, 2, 3 or 4 depending on its importance, as indicated above. Please note this is not a definitive list and you can add others.

- ❑ Accurate
- ❑ Adaptable
- ❑ Achievement
- ❑ Action oriented
- ❑ Adventurous
- ❑ Assertive
- ❑ Authoritative
- ❑ Autonomous
- ❑ Calm
- ❑ Competitive
- ❑ Composed
- ❑ Conscientious
- ❑ Charismatic
- ❑ Collaborative
- ❑ Creative
- ❑ Decisive
- ❑ Dependable
- ❑ Diligent
- ❑ Diplomatic
- ❑ Direct
- ❑ Discreet
- ❑ Dynamic
- ❑ Economical
- ❑ Efficient
- ❑ Empathic
- ❑ Entrepreneurial
- ❑ Enterprising
- ❑ Energetic
- ❑ Experienced
- ❑ Firm
- ❑ Fair
- ❑ Flexible
- ❑ Impulsive
- ❑ Intuitive
- ❑ Innovative
- ❑ Independent
- ❑ Knowledgeable
- ❑ Loyal
- ❑ Methodical
- ❑ Meticulous
- ❑ Objective
- ❑ Open-minded
- ❑ Outgoing
- ❑ Patient
- ❑ People-focused
- ❑ Perceptive
- ❑ Persistent
- ❑ Pioneering
- ❑ Practical
- ❑ Professional
- ❑ Protective
- ❑ Punctual
- ❑ Quick
- ❑ Rational
- ❑ Realistic
- ❑ Reliable
- ❑ Resourceful
- ❑ Responsible
- ❑ Responsive
- ❑ Results Focused
- ❑ Self-motivated
- ❑ Self-directed
- ❑ Self-disciplined
- ❑ Self-reliant
- ❑ Sensitive
- ❑ Supportive
- ❑ Systematic
- ❑ Tenacious
- ❑ Tactful
- ❑ Thorough
- ❑ Thoughtful
- ❑ Versatile