

Strengths – who you are

Adventurous	Friendly	Positive	Tenacious
Athletic	Frugal	Protective	Risk taker
Brave	Funny	Reflective	Confident
Calm	Gentle	Reliable	Patient
Capable	Gracious	Resilient	Peaceful
Caring	Hardworking	Resourceful	Inspirational
Cheerful	Helpful	Responsible	Detailed
Dedicated	Honest	Sensitive	Persistent
Determined	Hospitable	Servant-heart	Idealistic
Devoted	Imaginative	Spontaneous	Serious
Easygoing	Intelligent	Supportive	Productive
Efficient	Kind	Talented	Good listener
Energetic	Loving	Thoughtful	Consistent
Fair	Loyal	Trustworthy	Quick to action
Flexible	Mature	Warm	Competent
Forgiving	Organized	Wise	Big picture

Skills – what you do

Acting	Coordinating	Managing	Speaking
Adapting	Counseling	Motivating	Supporting
Administering	Creating	Negotiating	Teaching
Advising	Empathizing	Nurturing	Training
Analyzing	Encouraging	Organizing	Writing
Appreciating	Evaluating	Persevering	Accomplishing
Assembling	Expressing	Persuading	Socializing
Believing	Growing	Planning	Examining
Building	Guiding	Prioritizing	Peace making
Challenging	Helping	Problem-solving	Getting it done
Cleaning	Imagining	Protecting	Having fun
Collaborating	Influencing	Relating	Getting it right
Communicating	Initiating	Responding	Getting along
Connecting	Leading	Risk taking	
Constructing	Listening	Serving	
Cooking	Maintaining	Sharing	