

My Values

Abundance	Helpfulness
Accountability	Honesty
Achievement	Humility
Adventurousness	Humor
Assertiveness	Independence
Balance	Inner Harmony
Belonging	Intuition
Calmness	Joy
Cheerfulness	Kindness
Community	Laughter
Compassion	Leadership
Competitiveness	Love
Cooperation	Loyalty
Courtesy	Perseverance
Creativity	Positivity
Curiosity	Quality work
Delayed Gratification	Reliability
Dependability	Resourcefulness
Determination	Respect
Empathy	Self-care
Enthusiasm	Self-regulation
Faith	Selflessness
Family	Service
Fitness	Speed
Focus	Spirituality
Friendship	Strength
Fun	Structure
Generosity	Success
Grace	Teamwork
Gratitude	Thoughtfulness
Growth	Timeliness
Happiness	Tolerance
Hard Work	Tradition
Health	Trust

Soul Qualities

I am...

Active	Grateful	Reliable
Adventurous	Groovy	Responsible
Affectionate	Happy	Sensational
Alert	Helpful	Sensible
Ambitious	Honest	Serious
Bold	Honorable	Skillful
Brilliant	Hopeful	Smart
Brave	Humble	Thankful
Calm	Intelligent	Thoughtful
Cheerful	Integrated	Trustworthy
Clever	Interesting	Understanding
Compassionate	Jolly	Useful
Confident	Joyful	Victorious
Cool	Joyous	Virtuous
Cooperative	Kind	Warm
Courageous	Lively	Witty
Courteous	Loving	Youthful
Curious	Loyal	Zany
Daring	Mature	Zealous
Dependable	Mysterious	
Determined	Noble	
Driven	Nurturing	
Easygoing	Obedient	
Energetic	Original	
Excited	Outgoing	
Expert	Peaceful	
Faithful	Pleasant	
Fair	Polite	
Friendly	Popular	
Fun	Powerful	
Funny	Quick	
Gentle	Quiet	
Generous	Quirky	

Signature Skills

This is what I hear other people say I am good at or known for...

Adaptability	Love of learning
Appreciation of beauty	Loyalty
Appreciation of excellence	Mastery of new skills
Authenticity	Mindfulness
Bilateral	Motivating others
Boundaries	Non-bias
Bravery	Non-judgment
Compassion	Openness
Critical thinking	Originality
Distress tolerance	Overcoming obstacles
Energy	Perspective
Entrepreneurial	Perseverant
Expertise	Playfulness
Expressing emotion	Playing full out
Facing challenges or fears	Presence
Flexible thinking	Prolific
Follow-through	Prudent
Forgiveness	Research
Close relationships	Seeing the big picture view
Communication	Seeking novelty and innovation
Conscientiousness	Self-care
Creativity	Self-disciplined
Faithful	Self-regulation
Genuine warmth	Siding with the underdog
Gratitude	Sincerity
Group work	Social responsibility
Honesty	Speaking
Hope	Standing up for what is right or needed
Humility	Teamwork
Integrity	Vision
Leadership	Vitality
Lighthearted	Wisdom
Listening	Writing
Loving and being loved	Zest for life