**List of Strengths**

|  |  |  |
| --- | --- | --- |
| Accountability | Adaptability | Assertiveness |
| Boldness | Bravery | Calmness |
| Caring nature | Caution | Cheerfulness |
| Cleverness | Commitment | Confidence |
| Continuous learning | Courage | Creativity |
| Critical thinking | Curiosity | Dependability |
| Detachment | Dignity | Diligence |
| Discretion | Efficiency | Emotional intelligence |
| Energy | Enthusiasm | Equity |
| Extroversion | Fairness | Flexibility |
| Friendliness | Future-mindedness | Generosity |
| Gratitude | Helpfulness | Honesty |
| Hope | Humility | Humor |
| Idealism | Impartiality | Improvisation |
| Inclusiveness | Independence | Industry |
| Ingenuity | Integrity | Intelligence |
| Interpersonal intelligence | Introversion | Intuition |
| Kindness | Knowledge | Leadership |
| Listening skills | Logical thinking | Long-term focus |
| Loyalty | Maturity | Modesty |
| Neutrality | Objectivity | Open mindedness |
| Optimism | Organization | Originality |
| Patience | Perseverance | Perspective |
| Playfulness | Proactivity | Prudence |
| Purposeful | Quantitative skills | Realism |
| Reflective nature | Relaxed nature | Resiliency |
| Respect | Responsiveness | Self-assertiveness |
| Self-awareness | Self-control | Self-esteem |
| Sense of humor | Sense of priorities | Sensible nature |
| Service mentality | Simplicity | Sincerity |
| Social intelligence | Spirit of adventure | Spirituality |
| Spontaneity | Street smarts | Sympathy |
| Teamwork | Technical expertise | Tolerance for ambiguity |
| Trust | Truthfulness | Versatility |
| Warmth | Wisdom | Wit |

Top

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Personal Training WI-N JUNE 2017

Instruction-

Take 5 minutes and circle the Strengths that most relate to you.

Go back through the list and find 1 that you do not have and you would like to acquire.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name Phone/email

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