

## Exercise

### Your personal attributes

Personal attributes can be thought of as soft skills. They say something about who you are as a person and how you operate in different contexts. **There are no bad or good attributes** as we are all different. Some situations call for a person who is calm and attentive. Others take somebody who is fast-thinking and assertive.

**Highlight your five most defining attributes**, i.e. your most distinctive character traits (in no particular order). You can add your own attributes to the list if you need to.

|                 |                     |                          |               |
|-----------------|---------------------|--------------------------|---------------|
| Proactive       | Helpful             | Observant                | Supportive    |
| Ambitious       | Impulsive           | Considerate              | Sociable      |
| Analytical      | Resourceful         | Optimistic               | Theoretical   |
| Adaptable       | Innovative          | Organised                | Confident     |
| Domineering     | Intuitive           | Positive                 | Patient       |
| Responsible     | Insightful          | Pedagogical              | Competitive   |
| Restrained      | Inspiring           | Faithful                 | Attentive     |
| Decisive        | Collegial           | Pragmatic                | Extroverted   |
| Determined      | Strong of character | Unassuming               | Verbal        |
| Diplomatic      | Communicative       | Problem solver           | Inquisitive   |
| Enterprising    | Correct             | Productive               | Strong-willed |
| Dynamic         | Creative            | Assertive                | Visionary     |
| Effective       | Critical            | Reliable                 | Friendly      |
| Reflective      | Demanding           | Realistic                | Honest        |
| Empathetic      | Logical             | Not afraid to take risks | Humble        |
| Energetic       | Loyal               | Matter of fact           | Open          |
| Engaged         | Calm                | Cooperative              |               |
| Enthused        | Responsive          | Looks at the facts       | Add your own: |
| Flexible        | Low-voiced          | Sees the big picture     |               |
| Cautious        | Teachable           | Service-minded           |               |
| Understanding   | Methodical          | Self-propelling          |               |
| Far-sighted     | Courageous          | Independent              |               |
| Generous        | Goal-oriented       | Fast-thinking            |               |
| Good listener   | Meticulous          | Social                   |               |
| Thorough        | Curious             | Strategic                |               |
| Prone to action | Satisfied           | Structured               |               |

Give some specific examples of situations in which you have applied the attributes circled above.

Are there any you would like to further develop? Which ones? Give some examples of how?