

## EXPLORE YOUR TRAITS



Traits are characteristics of your personality. They describe how you usually act. Knowing about your traits and how you behave helps you select occupations which fit with your style.

TRAITS = WHAT KIND OF PERSON ARE YOU?

### Example:

Anne likes to talk to people, she enjoys spending time with others and organizing birthday parties. She is funny and always has a positive attitude. A great job for Anne might be in public relations.

Use the list of traits on the following page to list your top 5 traits.

- 1.
- 2.
- 3.
- 4.
- 5.

If you have trouble identifying your traits, ask friends and family to describe you. They can sometimes see traits we cannot.

Professions that value these traits are:

- 1.
- 2.
- 3.
- 4.
- 5.

- |                            |                     |
|----------------------------|---------------------|
| Positive attitude          | Logical             |
| Responsible                | Diligent            |
| Honest                     | Slow-paced          |
| Energetic                  | Silly               |
| Get along well with others | Practical           |
| Punctual                   | Outgoing            |
| Flexible                   | Friendly            |
| Dependable                 | Sensitive to others |
| Help others                | Intelligent         |
| Calm                       | Clever              |
| Ambitious                  | Persuasive          |
| Self Starter               | Affectionate        |
| Patient                    | Active              |
| Quick Learner              | Bossy               |
| Complete assignments       | Picky               |
| Good sense of humor        | Shy                 |
| Motivated                  | Wild                |
| Creative                   | Energetic           |
|                            | Funny               |