

Character Traits Worksheet

Name: _____ Date: _____

Negative traits

List your negative traits.

How do these negative traits hinder your progress or well-being?

When do these negative traits tend to surface the most?

Are there instances where our negative trait can be turned into a positive one? If so, how?

Positive traits

List your positive traits.

How do these positive traits benefit your life?

In what situations do these positive traits shine the most?

Can an excess of positive traits lead to challenges? Explain.

How can you balance your positive and negative traits for personal growth?

Additional notes