

# Character Traits Worksheet

Name	Date
<p>List your positive traits</p>	
<p>List your negative traits</p>	
<p>How do these positive traits benefit your life?</p>	
<p>In what situations do these positive traits shine the most?</p>	
<p>How do these negative traits hinder your progress or well-being?</p>	

When do these negative traits tend to surface the most?

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

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

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

**Additional notes**