

# Positive Trait Checklist

## Personal Information

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Purpose of Assessment (Personal Growth, Job Search, Relationship Building, etc.):

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## Overview

A positive trait is a personal attribute or strength that positively impacts your thought patterns, feelings, and behaviors. This checklist is designed to help you assess your positive traits across three categories: Interpersonal, Intellectual, and Emotional

Category	Trait	Description	Check if Applicable
Interpersonal Traits	Sincere	Genuine in actions and words.	<input type="checkbox"/>
	Reliable	Consistently dependable in various situations.	<input type="checkbox"/>
	Easygoing	Relaxed and unconcerned, easy to get along with.	<input type="checkbox"/>
	Friendly	Warm, pleasant, and easy to approach.	<input type="checkbox"/>
	Perceptive	Good at understanding people or situations.	<input type="checkbox"/>
	Talkative	Enjoys engaging in conversation.	<input type="checkbox"/>

	Cooperative	Works well with others toward common goals.	<input type="checkbox"/>
	Joyful	Experiences and spreads happiness.	<input type="checkbox"/>
	Observer	Notices and interprets details in the environment.	<input type="checkbox"/>
	Cheerful	Generally happy and optimistic.	<input type="checkbox"/>
<b>Intellectual Traits</b>	Creative	Capable of thinking outside the box.	<input type="checkbox"/>
	Diligent	Works hard and pays attention to detail.	<input type="checkbox"/>
	Inquisitive	Eager to know or learn something new.	<input type="checkbox"/>
	Resourceful	Able to find solutions to problems using available materials.	<input type="checkbox"/>
	Technological	Proficient with modern technology.	<input type="checkbox"/>
	Clever	Quick to understand, learn, and apply ideas.	<input type="checkbox"/>
	Practical	Focused on what is useful or functional.	<input type="checkbox"/>
	Problem-solver	Good at finding solutions to challenges.	<input type="checkbox"/>
	Effective	Successful in achieving desired results.	<input type="checkbox"/>
	Intelligent	Possesses good understanding, judgment, and cognitive capacity.	<input type="checkbox"/>
<b>Emotional Traits</b>	Empathetic	Sensitive to the emotions and needs of others.	<input type="checkbox"/>

	Brave	Willing to face and endure danger or pain.	<input type="checkbox"/>
	Warm	Friendly and affectionate in disposition.	<input type="checkbox"/>
	Enthusiastic	Shows intense and eager enjoyment or interest.	<input type="checkbox"/>
	Calm	Composed, not easily excited or agitated.	<input type="checkbox"/>
	Optimistic	Hopeful and confident about future outcomes.	<input type="checkbox"/>
	Curious	Eager to explore and learn.	<input type="checkbox"/>
	Self-aware	Conscious of one's own feelings, motives, and desires.	<input type="checkbox"/>
	Truthful	Honest and straightforward.	<input type="checkbox"/>
	Forgiving	Quick to forgive and move on from conflicts or mistakes.	<input type="checkbox"/>

To use this checklist, go through each trait and check the box if you think it applies to you. If unsure, consider consulting a trusted friend, family member, or colleague. After completing the checklist, review your results and consider how these strengths can be applied in your personal and professional life.