

Positive Trait Checklist

Personal Information

Name: _____ Date: _____

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

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"/> |
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|----------------------------|----------------|---|--------------------------|
| | 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"/> |
| Intellectual Traits | 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"/> |
| Emotional Traits | Empathetic | Sensitive to the emotions and needs of others. | <input type="checkbox"/> |

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|--|--------------|--|--------------------------|
| | 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.