

# Positive Trait Checklist

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.

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.

Category	Trait	Description	Check if applicable
Interpersonal traits	Sincere	Genuine in actions and words.	
	Reliable	Consistently dependable in various situations.	
	Easygoing	Relaxed and unconcerned, easy to get along with.	
	Friendly	Warm, pleasant, and easy to approach.	
	Perceptive	Good at understanding people or situations.	
	Talkative	Enjoys engaging in conversation.	
	Cooperative	Works well with others toward common goals.	
	Joyful	Experiences and spreads happiness.	
	Observer	Notices and interprets details in the environment.	
	Cheerful	Generally happy and optimistic.	

Category	Trait	Description	Check if applicable
Intellectual traits	Creative	Capable of thinking outside the box.	
	Diligent	Works hard and pays attention to detail.	
	Inquisitive	Eager to know or learn something new.	
	Resourceful	Able to find solutions to problems using available materials.	
	Technological	Proficient with modern technology.	
	Clever	Quick to understand, learn, and apply ideas.	
	Practical	Focused on what is useful or functional.	
	Problem-solver	Good at finding solutions to challenges.	
	Effective	Successful in achieving desired results.	
	Intelligent	Possesses good understanding, judgment, and cognitive capacity.	
Emotional traits	Empathetic	Sensitive to the emotions and needs of others.	
	Brave	Willing to face and endure danger or pain.	
	Warm	Friendly and affectionate in disposition.	
	Enthusiastic	Shows intense and eager enjoyment or interest.	
	Calm	Composed, not easily excited or agitated.	
	Optimistic	Hopeful and confident about future outcomes.	
	Curious	Eager to explore and learn.	
	Self-aware	Conscious of one's own feelings, motives, and desires.	
	Truthful	Honest and straightforward.	
	Forgiving	Quick to forgive and move on from conflicts or mistakes.	