

Positive Traits Worksheet

Name: _____ Date: _____

Part 1: Identifying positive traits

Go through the list of positive traits and mark "Yes" or "No" in the last column based on whether you believe you possess that trait.

Positive trait	Definition	Example of use	Do I possess this trait?
Gratitude	The quality of being thankful and appreciative	I am grateful for the support of my friends and family.	Yes
			No
Empathy	The ability to understand and share the feelings of others	I can empathize with how difficult it must be for you to go through this.	Yes
			No
Compassion	A deep feeling of sympathy and a desire to alleviate suffering in others	I feel compassion for those affected by the recent natural disaster.	Yes
			No
Resilience	The ability to recover quickly from difficult situations	Despite setbacks, I have the resilience to keep trying.	Yes
			No
Confidence	A belief in oneself and one's abilities	I am confident that I can complete this project successfully.	Yes
			No
Patience	The ability to wait calmly without becoming annoyed or upset	I will wait patiently for my turn to speak.	Yes
			No
Determination	A firmness of purpose and a willingness to work towards a goal	With determination, I will reach my fitness goals.	Yes
			No
Creativity	The ability to think outside the box and come up with new and original ideas	My creativity helped me to find a unique solution to the problem.	Yes
			No
Generosity	The quality of being willing to give and share	I showed generosity by donating to the charity.	Yes
			No
Kindness	The quality of being friendly, generous, and considerate	I showed kindness by helping my neighbor with their groceries.	Yes
			No

Part 2: Positive traits reflection questions

- Read through the reflection questions carefully and take your time to consider your answers
- For each question, write your response in the space provided. You may find it helpful to write in a journal or notebook, or use a separate piece of paper if you need more space
- Be honest with yourself as you reflect on your positive traits and their use in your daily life. Remember, everyone has areas for improvement, and it's okay to acknowledge those areas
- Use your responses to the reflection questions to guide your personal growth and development. Consider how you can apply your positive traits more effectively in your relationships, work, and other areas of your life.

Which positive trait do you believe you use most frequently in your everyday life?

Are there any positive traits you wish to develop further? If so, which ones?

Describe a recent situation where you demonstrated a positive trait. What was the outcome of the situation?

Think of a challenging situation that you've faced in the past. Which positive trait(s) did you rely onto overcome the challenge?

Can you think of a time when you wished someone had shown a specific positive trait towards you? Which trait was it, and how would it have helped the situation?

What actions can you take to cultivate and strengthen a positive trait that you want to develop further?