

### Exercise. My personal characteristics

From the table below, select and tick ten qualities that best characterise you. If you want to add other personal characteristics, write them at the end of the second column.

hard-working	enthusiastic
independent	enjoying challenges
creative	friendly
patient	thorough
perfectionist)	resourceful
quick learner	active
conscientious	discreet
flexible	punctual
calm	consistent
original	understanding
open to new ideas	dedicated
compassionate	firm
open-minded	deliberative
analytical	loyal
composed	adventurous
thick-skinned	self-controlled
innovative	generous
sensitive	submissive
honest	results-oriented
reliable	courageous
assertive	coping under stress
curious	neat and tidy
risk-taker	
self-confident	
well-organised	
energetic	
decisive	
enjoying pressure	
articulate	

Select five characteristics that in your opinion best describe you. Describe situations in which these characteristics have expressed

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Write five personal characteristics that others (family, friends, fellow students and/or colleagues, etc.) have used to describe you. on

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*Write five characteristics that best describe you in your opinion and that others have used to describe you on the career wheel.*

Source: N. Amundson, G. Poehnell (2004). Career Pathways. Third Edition. Adapted by K. Lään-Saarik.