



Self-Assessment: Personality Checklist

Rank order each trait as to how much you would want to be able to express that trait in your “ideal” work environment:
1 - Very important to me to be able to express this trait, 2 - Somewhat important to me to be able to express this trait, 3 - Don't care about being able to express this trait.

Cooperative	
Empathetic	
Friendly	
Helpful	
Insightful	
Kind	
Sensitive	
Tactful	
Understanding	

Adventurous	
Ambitious	
Assertive	
Competitive	
Driving	
Energetic	
Enthusiastic	
Persuasive	
Powerful	

Accurate	
Analytical	
Calm	
Careful	
Confident	
Curious	
Dependable	
Detailed	
Efficient	
Independent	
Intellectual	
Inventive	
Logical	
Orderly	
Organized	
Persistent	
Precise	
Thorough	

Creative	
Emotional	
Expressive	
Flexible	
Idealistic	
Imaginative	
Impulsive	
Intuitive	
Original	

Athletic	
Conforming	
Down-to-earth	
Frank	
Persistent	
Practical	
Rugged	
Self-reliant	
Stable	

Include any other personality traits you feel describe you that aren't included on the above lists	

Notes/thoughts/Patterns found: