

What follows is a rather brief list of words, certainly not a comprehensive list, that will help you find words that name the values and abilities you are bringing to the next stage of your life.

Look through the list, and choose 10 words that best fit your sense of self. Write them down on a separate sheet of paper.

absent-minded	self-aware	inarticulate	light hearted
active	self-promoter	indispensible	low self esteem
adventurous	self-reliant	influential	mindful
analytical	self-starter	inquisitive	motivated
angry	selfish	intellectual	optimistic
appreciative	serious	kind	organized
artistic	shine at work	social person	outgoing
book smart	shy person	street smart	passionate
complicated	small steps	stressed	patient
cool	enterprising	talkative	persuasive
curious	enthusiastic	trustworthy	pessimistic
dependable	family person	truthful	positive self esteem
determined	fearful	underachiever	procrastinator
developed	goal-setter	valiant	realistic
devoted	habitual	warrior	
disciplined	happy	wishful	
respectful	helpful	worrier	
responsible	hungry	leader	
scientific	impatient	life of the mind	