

External image

“How others see me”

In the worksheet you will find a selection of strengths –
please assess _____ (name):

Info At www.18plus.at you will find this worksheet in various languages.



STRENGTHS	closely applies	applies	average	does not apply
purposeful, active				
sociable, communicative				
persevering				
friendly				
prudent, attentive				
empathetic, caring				
orderly				
polite, obliging				
inquisitive, eager to learn				
self-confident, self-directed				
creative, full of ideas				
precise, conscientious				
flexible				
disciplined				
tolerant, generous				
even-tempered, calm				
adaptable				
reliable, diligent				
helpful				
patient				
able to work in a team				
able to cope in different situations				
resourceful				
able to work under pressure				
can organise well				
able to deal with conflict				