

Personality Self-Assessment

Following is a list of descriptive adjectives. Check the personal characteristics that: you believe you have; you enjoy being; you believe you exemplify well.

accurate	adaptable	analytical
adventurous	ambitious	astute
appreciative	assertive	caring
authoritative	calm	competent
cautious	charismatic	conservative
conforming	conscientious	courageous
consistent	cooperative	curious
creative	critical	dependable
decisive	deliberate	direct
diligent	diplomatic	driven
discreet	domineering	effective
dynamic	economical	energetic
efficient	emotional	expressive
enthusiastic	exceptional	friendly
firm	flexible	honest
generous	helpful	impulsive
idealistic	imaginative	intellectual
independent	innovative	materialistic
intuitive	loyal	objective
methodological	obedient	organized
open-minded	orderly	patient
optimistic	out-going	persistent
perceptive	persevering	particular
persuasive	pioneering	professional
positive	precise	rational
punctual	quick	resourceful
realistic	reliable	self-motivated
responsible	self-confident	sociable
self-reliant	sensitive	shy
steady	studious	talkative
supportive	tactful	unconventional
thorough	thoughtful	
versatile	adept	

Skills Self-Assessment

The following is a list of action verbs, relating to various types of skills. Check the ones which describe something you have done.

achieved analyzed assessed calculated

collected
computed
constructed
created
detailed
diagnosed
dissected
drove
established
experimented
financed
gathered
helped
implemented
informed
instituted
invented
listened
mediated
motivated
offered
oversaw
piloted
presented
projected
purchased
received
reduced
reported
restored
selected
sewed
sorted
supplied
translated
umpired
utilized
adapted
anticipated
attained
charted
communicated
conceptualized
controlled
decided
detected
directed
distributed
edited
estimated
explained
fixed

generated
hypothesized
improved
initiated
instructed
investigated
logged
memorized
navigated
operated
painted
planned
printed
promoted
questioned
recommended
referred
represented
retrieved
sold
shaped
spoke
taught
travelled
undertook
verbalized
addressed
arbitrated
audited
checked
compiled
conducted
coordinated
defined
determined
discovered
diverted
eliminated
evaluated
expressed
followed
guided
identified
improvised
inspected
integrated
judged
maintained
mentored
negotiated
ordered
perceived

predicted
processed
protected
raised
reconciled
rehabilitated
researched
reviewed
sensed
shared
studied
tested
treated
unified
weighed
administered
arranged
budgeted
classified
completed
conserved
coped
delivered
developed
dispenses
dramatized
empathized
examined
extracted
formulated
handled
illustrated
increased
inspired
interpreted
lead
managed
modelled
observed
organized
performed
prepared
produced
provided
realized
recorded
related
resolved
risked
separated
sketched
summarized

trained
tutored
united
wrote
advised
assembled
built
coached
composed
consolidated
counselled
designed
devised
displayed
drew
enforced
expanded
filed
founded
headed
imagined
influenced
installed
interviewed
lectured
manipulated
monitored
obtained
originated
persuaded
prescribed
programmed
publicized
reasoned
recruited
repaired
responded
scheduled
served
solved
supervised
transcribed
typed
upgrade

