



Finding Your Positive Qualities

Thanks for requesting this worksheet! Here is how to find your positive qualities:

Underline at least five qualities that are important to you. Then, at the bottom of the worksheet, write down an example of something you've done that reflects each quality. (Example: I'm thoughtful – every week I spend time with senior citizens who don't get many visitors.)

Write at least one full sentence about each quality. Then, if you can, write a few more sentences about that idea. If you feel like your example can become a short story, you may have discovered a good essay topic.

Check back with this list while you're writing your essay. It should illustrate one or more of the positive qualities you've circled. It will come in handy if you have supplemental essays, too.

Good luck and have fun writing! If you'd like to learn more about my services, including personal coaching and detailed essay reviews, [contact me](#). I work with students around the world.

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|----------------|--------------------|----------------------|
| Acceptance | Empathy | Mercy |
| Accountability | Endurance | Mindfulness |
| Adaptability | Excitement | Moderation |
| Adventure | Expertise | Morality |
| Affection | Fairness | Music |
| Art | Faith | Nature |
| Assertiveness | Faithfulness | Nonviolence |
| Attention | Family | Nutrition |
| Autonomy | Flexibility | Nurturing |
| Awareness | Foresight | Open-minded |
| Balance | Forgiveness | Optimism |
| Beauty | Fortitude | Order |
| Benevolence | Friendliness | Passion |
| Bravery | Friendship | Patience |
| Candor | Generosity | Peacefulness |
| Career | Gentleness | Perseverance |
| Caring | Gratitude | Personal development |
| Challenges | Appreciation | Physical challenge |
| Change | Health and fitness | Power |
| Charity | Helping others | Practicality |
| Citizenship | Honesty | Privacy |

Collaboration
Commitment
Communication
Community
Compassion
Competition
Confidence
Conscientiousness
Consideration
Cooperation
Courage
Creativity
Curiosity
Decisiveness
Democracy
Dependability
Determination
Diligence
Ecological awareness

Honor
Hope
Hospitality
Humility
Impartiality
Independence
Industriousness
Inspiration
Integrity
Intuition
Inventiveness
Involvement
Justice
Kindness
Knowledge
Laughter
Loyalty

Purposefulness
Resilience
Respect
Resourcefulness
Responsibility
Risk
Security
Self-control
Self expression
Serenity
Social change
Spirituality
Stability
Strength
Supervising others
Travel
Trust

Source: Includes Wikipedia

List the qualities you circled and give an example for each one:

- 1.
- 2.
- 3.
- 4.
- 5.



Sharon Epstein is a Writers Guild Award winner and two-time Emmy® nominee for writing. After 20 years producing and writing for television, Sharon founded First Impressions College Consulting. She specializes in teaching students around the world how to master interview skills and transform their ideas, goals and experiences into memorable college application essays.