



Finding Your Positive Qualities

Thanks for downloading this worksheet! Here's 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.

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	Honor	Purposefulness
Commitment	Hope	Resilience
Communication	Hospitality	Respect
Community	Humility	Resourcefulness
Compassion	Impartiality	Responsibility

Competition
Confidence
Conscientiousness
Consideration
Cooperation
Courage
Creativity
Curiosity
Decisiveness
Democracy
Dependability
Determination
Diligence
Ecological awareness

Independence
Industriousness
Inspiration
Integrity
Intuition
Inventiveness
Involvement
Justice
Kindness
Knowledge
Laughter
Loyalty

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.

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.



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.