



## 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 essay reviews, contact me at [sharonepstein8@gmail.com](mailto:sharonepstein8@gmail.com). 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 how to master interview skills and transform their ideas, goals and experiences into memorable college application essays.