

RESILIENT

I don't give up when times are tough.

RESILIENT

I search for evidence to clarify my learning.

RESILIENT

I am focused towards reaching my goals.

RESILIENT

I have strategies for problem solving.

RESILIENT

I can analyse a problem, develop a system, structure, and strategy to work towards solving it.

RESILIENT

I am comfortable with uncertainty.

RESILIENT

I have a number of different ways/strategies to approach problem solving.

RESILIENT

When I am uncertain I don't give up, but find different ways to tackle the problem.

RESILIENT

I know how to begin, what steps must be performed and what questions to ask.

RESPONSIVE

I am flexible when making decisions and taking action.

RESPONSIVE

I look for different and new ways to approach situations.

RESPONSIVE

I am able to change my mind based on new information even when it's opposite to what I originally thought.

RESPONSIVE

I consider different points of view.

RESPONSIVE

I engage in a number of activities.

RESPONSIVE

I am able to shift, at will, my perception.

RESPONSIVE

I can draw upon a number of problem-solving strategies.

RESPONSIVE

I think and communicate clearly and with precision.

RESPONSIVE

I know when it is appropriate to think widely and when to think about specific details.

RESOURCEFUL

I am able to access and use a wide range of sources.

RESOURCEFUL

I can gain meaning from experience and apply it.

RESOURCEFUL

I learn from my experiences.

RESOURCEFUL

I can draw on experiences from my past.

RESOURCEFUL

I am able to use my prior knowledge and apply it to other situations.

RESOURCEFUL

I am able to use my knowledge to solve new challenges.

CURIOUS

I discover problems to solve.

CURIOUS

I gain information and gather data through all senses.

CURIOUS

I enjoy the problem-solving process.

CURIOUS

I know how to ask questions to fill in the gaps between what I know and what I don't know.

CURIOUS

I enjoy inquiring into different areas.

CURIOUS

I am inclined to ask a range of questions.

CONTRIBUTIVE

I think without outside help.

CONTRIBUTIVE

I contribute time and energy to tasks when others might give up if working alone.

CONTRIBUTIVE

I am able to think in collaboration with others.

CONTRIBUTIVE

I realise that all of us are more powerful than any one of us.

CONTRIBUTIVE

I am sensitive to the needs of others.

CONTRIBUTIVE

I am willing and open to accept the feedback from friends.

CONTRIBUTIVE

I have the ability to justify ideas.

CONTRIBUTIVE

I listen, seek agreement, and can give up ideas to work with others.

CONTRIBUTIVE

I have the ability to work with others to test out strategies for a solution.

CONTRIBUTIVE

I know how to support group efforts.

CREATIVE

I am continuously in learning mode.

CREATIVE

I am humble, able to admit I don't know, but want to find out.

CREATIVE

My confidence allows me to constantly search for new and better ways.

CREATIVE

I see problem situations and difficult circumstances as valuable opportunities to learn.

CREATIVE

I am always striving for improvement, learning, and modifying myself.

COMPASSIONATE

I listen carefully to understand another's point of view.

COMPASSIONATE

I can demonstrate my understanding and empathy for an idea or feeling.

COMPASSIONATE

I listen for what someone says and what they are trying to say.

COMPASSIONATE

I have a sense of humor and appreciate others' humour.

COMPASSIONATE

I am aware of the diverse perspectives of others.

COMPASSIONATE

I am able to laugh at situations and myself.

COMPASSIONATE

I am able to respond non-judgmentally, even when their ideas differ.

COMPASSIONATE

I am aware of how others might feel through body language.

PURPOSEFUL

I have strategies for managing my impulses.

PURPOSEFUL

I consider alternatives and consequences.

PURPOSEFUL

I think before acting, and make deliberate choices.

PURPOSEFUL

I take time to reflect on answers before giving them.

PURPOSEFUL

I have a plan of action.

PURPOSEFUL

I like being exact, accurate and precise.

PURPOSEFUL

I am able to clarify and understand directions.

PURPOSEFUL

I work to perfect my craft by working to the highest possible standards.

PURPOSEFUL

I don't make judgements before fully understanding.

PURPOSEFUL

I pursue ongoing learning and I take pride in my work.

REFLECTIVE

I am always thinking about my thinking.

REFLECTIVE

I am able to ask internal questions.

REFLECTIVE

I am conscious of the steps and strategies I use when problem solving.

REFLECTIVE

I am aware of the need for correction if my plan is not working.

REFLECTIVE

I am able to reflect on and evaluate the usefulness of my thinking.

REFLECTIVE

I am able to reflect on my plans.

REFLECTIVE

I plan before problem solving.

REFLECTIVE

I am aware of my actions and the effect of those actions on others.

ADVENTUROUS

I have a need to go beyond established limits.

ADVENTUROUS

I make educated and calculated risks.

ADVENTUROUS

I live on the edge of my incompetence.

ADVENTUROUS

I am able to use my past knowledge.

ADVENTUROUS

I can place myself in situations where the outcomes are unknown.

ADVENTUROUS

I am thoughtful about consequences.

ADVENTUROUS

I accept the risk of failure as part of the norm.

ADVENTUROUS

I have a sense of what is appropriate before embarking.

ADVENTUROUS

I view setbacks as interesting, challenging and opportunities to learn.