



FIRST IMPRESSIONS  
COLLEGE CONSULTING

## Finding Your Positive Qualities

Thanks for downloading this worksheet! Here's how to find your positive qualities:

Using the list below, underline or highlight all the qualities that are important to you in your life. Then choose at least four and give a specific 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 or two full sentences about each quality. If you feel your idea can become a short story, you may even have discovered a good essay topic.

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

1.

2.

3.

4.

## List of Qualities

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 and variety	Health and fitness	Power
Charity	Helping others	Practicality
Citizenship	Honesty	Privacy
Collaboration	Honor	Problem Solving
Commitment	Hope	Purposefulness
Communication	Hospitality	Quality relationships
Community	Humility	Resilience
Compassion	Impartiality	Respect
Competition	Independence	Resourcefulness
Confidence	Industriousness	Responsibility
Conscientiousness	Ability to Initiate	Self-control
Consideration	Inspiration	Self-expression
Cooperation	Integrity	Serenity
Courage	Intuition	Social change
Creativity	Inventiveness	Spirituality
Curiosity	Involvement	Stability
Decisiveness	Justice	Strength
Democracy	Kindness	Supervising others
Dependability	Knowledge	Thinking out of the Box
Determination	Laughter	Travel
Diligence	Loyalty	Trust
Environmental awareness	Leadership	
	Meaningful work	