

STRENGTHS

Which of these do you think describes your strengths?

These can help to identify your transferable skills

Check the definition of any words you do not understand

accurate		forgiving		honest	
adaptable		friendly		relaxed	
responsible		generous		reliable	
adventurous		genuine		resourceful	
sensitive to others		good under pressure		self-disciplined	
calm		helpful		responsive	
caring		humorous		competitive	
cheerful		imaginative		creative	
confident		assertive		thoughtful	
conscientious		can use initiative		sincere	
considerate		intuitive		sociable	
contented		inventive		sympathetic	
co-operative		loyal		tactful	
courageous		modest		thorough	
determined		organised		tidy	
diligent		outgoing		tolerant	
diplomatic		fair		truthful	
discreet		patient		understanding	
energetic		persistent		unselfish	
even-tempered		punctual		versatile	
flexible		quick thinking		systematic	