

# **CHARACTER IS DESTINY**

## **Awareness Exercise**

Look at the character traits below and check the ones that apply to you. Notice traits you lack that would be good to cultivate. Show a friend your selection to see if he/she agrees with you.

✓	<b>Positive Trait</b>	<b>Opposite Negative Trait</b>	✓
	Adept, highly skilled	Incapable, unskilled, naïve	
	Animated (expressive)	Lifeless	
	Appreciative, able to express feelings	Unappreciative. Take things for granted.	
	Assertive, able to speak up; take action	Afraid to speak up, act, fearful of offending.	
	Attentive, present, focused on task at hand.	Scattered, easily distracted, unfocused.	
	Authoritative	Weak, unreliable	
	Aware (informed, conscious, vigilant)	Ignorant, ignores facts, unconscious	
	Calm (sense of security in self)	Agitated, turbulent	
	Candid (not afraid to be vulnerable)	Guarded, secretive	
	Committed, wholehearted dedication	Unable to commit, lack heart for objective	
	Compassionate (feelings for)	Unfeeling	
	Confidence (self-trust)	Timid	
	Cooperative	Difficult to deal with	
	Creative	Unimaginative, unresourceful	
	Decisive (knows wants/needs)	Uncertain, wishy-washy	
	Emotional genius, directs feelings	Afraid of feelings (avoids with addictions)	
	Empathy (concern for others)	Indifferent, cold, and uncaring	
	Energetic (dynamic)	Lethargic, lazy	
	Enthusiastic (spirited – motivated)	Apathetic and unmotivated	
	Excellent	Mediocre, poor	
	Focused	Aimless, scatterbrained, adrift	
	Harmonious	Discordant, hostile	
	Honorable	Immoral, shameful	
	Knowledgeable	Ignorant	
	Motivated	Discouraged, no get up and go, apathetic	
	Organized	Can't get it together, in disarray	
	Patient	Easily agitated and provoked, loses temper	
	Persistent, keeps on no matter what	Gives up easily, Irresolute	
	Professional	Amateur	
	Punctual (also shows respect)	Late, never on time for appointments	
	Purposeful, aspires	Aimless, without aspirations	
	Reliable	Undependable	
	Resourceful, ability to handle things	Unimaginative, gets stuck	
	Responsible	Irresponsible, blames, makes excuses	
	Steadfastness	Wavering, disloyalty	
	Sophisticated	Crude	
	Strong	Weak, fragile, insipid	
	Thorough	Half-way, partial, incomplete, job bungled	
	Unique	Common	
	Versatile	Limited, inflexible	
	Vigorous	Feeble	

