

What are my traits?

(from Career Planner: Choosing an occupation)

Traits are who you are and how you act. They are a big part of your personality.

Examples of traits include:

- ◆ risk-taker
- ◆ outgoing
- ◆ physical
- ◆ organized
- ◆ cautious
- ◆ self-confident.

My traits

Read each sentence. Does it describe you? Select Yes, Sometimes or No.

	Yes	Sometimes	No
I am organized			
I finish tasks that I start			
I do many different things			
I do the same thing most of the time			
I need to see a finished job at the end of the day			
When I'm working on something, I'm careful			
I put lots of energy into work			
I work at a slow pace			
I am creative			
I am outgoing			
I am different from most other people			
I want to fit in with other people			
I need a lot of time by myself			
I think a problem through before I make a decision			
I go by my feelings when I make a decision			
When I make a decision, I stick to it			
I don't mind taking risks			
I am ambitious			
I am a leader			
I do things the way they have always been done			
I find new ways to do things			
I like working by myself			

	Yes	Sometimes	No
I like working with other people			
I live to work. Work is the centre of my life			
I work to live. Work is not the centre of my life			

Other things that describe who I am and how I act:

Now go back over the whole list. Pick out the five traits that best describe you and list them here.

My main traits are:

1. _____
2. _____
3. _____
4. _____
5. _____