Identify your personal qualities

**10-20 minutes**

This exercise will help every student to identify their personal qualities / characteristics.

Implementation: The exercise is done individually. Each student score according to how he/she feels / consider his/hers strengths in the different areas.

If you feel that this exercise may be suitable for discussion in the group / the CP, this form can be used as a starting point for identifying roles and for cooperation between the members of the group.

|  |  |  |  |
| --- | --- | --- | --- |
| **My scoring / my characteristics / qualities** | **Not very good** | **Medium** | **Excellent** |
| **1** | **2** | **3** | **4** | **5** |
| I easily get involved |  |  |  |  |  |
| I'm productive and I good at getting things done / create results. |  |  |  |  |  |
| I'm good at following up on what I'm supposed to do, keep appointments |  |  |  |  |  |
| My staying power / endurance? |  |  |  |  |  |
| I'm a good communicator |  |  |  |  |  |
| I'm helpful and easy to work with |  |  |  |  |  |
| I respect others |  |  |  |  |  |
| I'm loyal |  |  |  |  |  |
| I have a good sense of order/keep order |  |  |  |  |  |
| I'm on time |  |  |  |  |  |
| I'm flexible |  |  |  |  |  |
| I'm good at solving problems |  |  |  |  |  |
| I'm creative |  |  |  |  |  |
| I'm good at handling stress |  |  |  |  |  |
| I like to work independently  |  |  |  |  |  |
| I'm easy to be around |  |  |  |  |  |
| I'm ambitious  |  |  |  |  |  |
| I'm structured  |  |  |  |  |  |
| My positivity |  |  |  |  |  |
| My ability to focus |  |  |  |  |  |