**Appendix 0.3 Knowing yourself - character traits**

Select the features that apply to you by putting an (X).

ο ambitious

ο reliable

ο calm

ο analytical

ο responsible

ο firm

ο assertive

ο composed

ο conscientious

ο authentic

ο optimistic

ο systematic

ο smart

ο cautious

ο honest

ο quiet

ο open

ο fast

ο curious

ο confident

ο bold

ο patient

ο risk taker

ο considerate

ο mature

ο teachable

ο tolerant

ο funny

ο helpful

ο outgoing

ο diplomatic

ο inventive

ο thoughtful

ο flexible

ο progressive

ο honest

ο empathetic

ο hardworking

ο emotional

ο energetic

ο practical

ο confident

ο enthusiastic

ο righteous

ο stubborn

ο professional

ο professional

ο courteous

ο inspiring

ο persuasive

ο cheerful

ο intelligent

ο friendly

ο insightful

ο competent

ο punctual

ο sensitive

ο communicative

ο realistic

ο competitive

ο conformist

ο reflective

ο versatile

ο consistent

ο romantic

ο comfortable

ο creative

ο sensible

ο persistent

ο timid

ο thoughtful

ο funny

ο logical

ο independent

ο resourceful

ο loyal

ο modest

ο motivated

ο independent

ο robust

ο balanced

Now, indicate the 5 most characteristic features for you and give examples of experiences in which they were used:

|  |  |
| --- | --- |
| Characteristic | An example based on experience |
|  |  |
|  |  |
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