

Identifying Positive Qualities

Instructions: Identify your positive qualities by highlighting them, then check the negative traits to see if your good points are harboring characteristics that you ought to correct. (*Hint: If you are melancholy, read the chart from right to left; if you are choleric, read it from left to right.*)

Positive qualities

1. Alertness
2. Amiability
3. Analytical
3. Aspiration
4. Compassion
5. Confidence
6. Cooperativeness
7. Courage
8. Courteous
9. Creativity
10. Decisiveness
11. Diligence
12. Discernment
13. Discipline
14. Discretion
15. Earnestness
16. Efficiency
17. Enthusiasm
18. Expressiveness
19. Fair-mindedness
20. Flexibility
21. Forgiveness
22. Frankness
23. Frugality
24. Generosity
25. Gratefulness
26. Honesty

Positive qualities misused (negative traits)

Curious; inquisitive, nosy; jumpy
Spineless; namby-pamby; without conviction
Picky; calculating; crabby, petty
Over-ambitious; competitive, conniving; scheming
Sentimental; pity; gushy
Conceit; overbearing
Conspiring; compromising; conniving
Reckless; brash; brazen
Flattery; superficial
Daydreaming; mischievous; crafty
Inflexible; ruthless; domineering
Slavish; servile; one-track minded
Judgmental; critical; fault-finding; snoop
Rigid; harsh; overbearing; tyrannical
Timid; overly-cautious; secretive
Scrupulous; over-conscientious, meticulous
Fussy; rigid; impatient; over-organized
Fanatical; radical; over-bearing
Talkative; flowery; glib; wordy
Judgmental; indecisive; undiscerning
Indecisive; wishy-washy; spineless
Leniency; irresponsible; weak; condoning
Tactless; insensitive; insulting; undiplomatic
Stingy; miserly; tight
Wasteful; lavish; spend-thrift
Flattery; fawning; gushy
Outspoken; blunt; brutal



27. Hospitality	Ingratiating; social-climbing; cliquish
28. Humility	Self-abasing; reticent; superior
29. Loyalty	Possessive; worshipping; undue attachment
30. Neatness	Perfectionist; meticulous; overly-particular
31. Objectivity	Insensitive; without conviction; unloving
32. Patience	Permissive; indifferent; nonchalant
33. Persistence	Stubborn; head-strong; inflexible; self-willed
34. Persuasiveness	Pushy; high-pressured; smooth talker
35. Punctuality	Impatient; demanding
36. Purposefulness	Single-minded; determined; inflexible; intense
37. Respectfulness	Subservient; idolizing
38. Resoluteness	Hard-headed; stubborn; close-minded
39. Resourcefulness	Independent; impetuous