

The one thing that is uniquely your own – the one thing you carry with you wherever you go – is “the real you,” the series of traits and characteristics that define your character. Try to anticipate how your friends and family might describe you to a stranger.

You'll thrive in a work environment where you can let your personal characteristics shine. Similarly, it's likely you will feel unhappy, frustrated and unfulfilled at a job where you have to bury your values and personal traits.

Your personal skills are important when it comes to identifying what motivates you, your values and beliefs and the type of work you want to do. Use the checklist below to help you identify your personal and self-management skills.

<input type="checkbox"/> Accountable	<input type="checkbox"/> Empathic	<input type="checkbox"/> Playful
<input type="checkbox"/> Adaptable	<input type="checkbox"/> Energetic	<input type="checkbox"/> Poised
<input type="checkbox"/> Adventurousome	<input type="checkbox"/> Enthusiastic	<input type="checkbox"/> Polite
<input type="checkbox"/> Alert	<input type="checkbox"/> Ethical	<input type="checkbox"/> Positive
<input type="checkbox"/> Ambitious	<input type="checkbox"/> Excited by challenge	<input type="checkbox"/> Punctual
<input type="checkbox"/> Articulate	<input type="checkbox"/> Expressive	<input type="checkbox"/> Reliable
<input type="checkbox"/> Assertive	<input type="checkbox"/> Firm	<input type="checkbox"/> Resourceful
<input type="checkbox"/> Astute	<input type="checkbox"/> Flexible	<input type="checkbox"/> Results Oriented
<input type="checkbox"/> Attentive to details	<input type="checkbox"/> Friendly	<input type="checkbox"/> Risk taking
<input type="checkbox"/> Authentic	<input type="checkbox"/> Generous	<input type="checkbox"/> Self-confident
<input type="checkbox"/> Aware	<input type="checkbox"/> Good judgment	<input type="checkbox"/> Self-controlled
<input type="checkbox"/> Calm	<input type="checkbox"/> Hard working	<input type="checkbox"/> Self-motivated
<input type="checkbox"/> Candid	<input type="checkbox"/> Honest	<input type="checkbox"/> Self-reliant
<input type="checkbox"/> Committed to growth	<input type="checkbox"/> Initiative, drive	<input type="checkbox"/> Self-respect
<input type="checkbox"/> Concentration	<input type="checkbox"/> Integrity	<input type="checkbox"/> Sense of humor
<input type="checkbox"/> Conscientious	<input type="checkbox"/> Intuitive	<input type="checkbox"/> Sincere
<input type="checkbox"/> Cooperative	<input type="checkbox"/> Loyal	<input type="checkbox"/> Sociable
<input type="checkbox"/> Courageous	<input type="checkbox"/> Mature	<input type="checkbox"/> Spontaneous
<input type="checkbox"/> Curious	<input type="checkbox"/> Motivated	<input type="checkbox"/> Studious
<input type="checkbox"/> Decisive	<input type="checkbox"/> Neutral/Non-judgmental	<input type="checkbox"/> Tactful
<input type="checkbox"/> Dependable	<input type="checkbox"/> Open-minded	<input type="checkbox"/> Thorough
<input type="checkbox"/> Diplomatic	<input type="checkbox"/> Optimistic	<input type="checkbox"/> Tidy
<input type="checkbox"/> Disciplined	<input type="checkbox"/> Orderly	<input type="checkbox"/> Tolerant
<input type="checkbox"/> Dynamic	<input type="checkbox"/> Patient	<input type="checkbox"/> Versatile
<input type="checkbox"/> Easy-going	<input type="checkbox"/> Performing well under stress	
<input type="checkbox"/> Emotionally stable	<input type="checkbox"/> Persistent	