

	<u>Personal Examples</u>		
Characteristics	How	When	With Whom
1. goal-oriented			
2. a positive thinker			
3. confident			
4. resilient (able to overcome adversity or obstacles)			
5. self-disciplined			
6. proud of your work			
7. proud of yourself			
8. proficient (very capable)			
9. able to try new things			