

Know Thyself!

Take a moment and and brainstorm about who you really are. Fill in the chart below and identify 10 things for each column: personality traits, values, interests, words that a teacher/employer would use to describe you

personality traits	values	interests	words that a teacher/employer would use to describe you- We'll call this "your brand."

After you have taken an interest inventory: www.careercruising.com or <https://www.mynextmove.org/explore/ip> or www.asvabprogram.com Please complete the following questions and discuss with an adult.

Circle three dominant words from each column that are most important or reflective of you.

Do those traits, values, interests, behaviors support the CTE program that you are enrolled in? (going to be enrolled in). Does the program lead you to the "light at the end of your tunnel?" (career choice). Check out the Career Tree if you are not sure.

After honest reflection of "your brand" (column 4)...Is your brand (now) good foundation to obtain your goals? If so, in what ways? If not, what do you need to strengthen or work on to be proud of "your brand?"

Word Bank

Personality Traits:

There are many different personality types, 16 according to the Myers-Briggs Type Indicator, but it is sometimes difficult to classify a person as a single type. There are many different personality traits you can possess and they may not all fit into one category.

- Adventurous
- Affable
- Conscientious
- Cultured
- Dependable
- Discreet
- Fair
- Fearless
- Observant
- Impartial
- Independent
- Optimistic
- Intelligent
- Keen
- Gregarious
- Persistent
- Capable
- Charming
- Precise
- Confident
- Dutiful
- Encouraging
- Reliable
- Exuberant
- Helpful
- Humble
- Imaginative
- Meticulous
- Trusting
- Valiant
- **Lazy**
- **Picky**
- **Sullen**
- **Pompous**
- **Dishonest**
- **Finicky**
- **Sarcastic**
- **Arrogant**
- **Cowardly**
- **Sneaky**
- **Rude**
- **Quarrelsome**
- **Impulsive**
- **Slovenly**
- **Self-centered**
- **Boorish**
- **Surly**
- **Unfriendly**
- **Unruly**
- **Thoughtless**
- **Stingy**
- **Bossy**
- **Vulgar**
- **Malicious**
- **Conceited**
- **Obnoxious**

Negative traits in bold

Values:

Core values are the fundamental beliefs of a person or organization. The core values are the guiding principles that dictate behavior and action.

- Reliable
- Loyal
- Committed
- Open-minded
- Consistent
- Honest
- Efficient
- Innovative
- Creative
- Humorous
- Fun-loving
- Adventurous
- Motivated
- Positive
- Optimistic
- Inspiring
- Passionate
- Respectful
- Athletic
- Fit
- Courageous
- Educated
- Respected
- Loving
- Nurturing