

2010 Life Program – Personal Action or Traits *sample* glossary

Action / Trait	Defined as
Adaptable	Easily change focus or adapts to situations
Adventurous	Likes to discover or experience new or exciting things in life
Artistic	Ability to create a beautiful work from simple materials
Balanced	Maintain a reasonable balance of priorities within your life
Courteous	Considerate and thoughtful of others needs
Compatible	Able to get along well with others
Compassionate	An ability to relate personally to others in a difficult position
Competitive	Finding satisfaction in a competitive environment or activity
Contributing	Giving of self without thought for reward
Courageous	Ability to defend self or others positions or to face an uncertain outcome with confidence
Creative	Able to adapt effectively to an environment or situation and apply a create or novel approach
Decisive	Able to make a quick decision, based in the right information
Dedicated	Applies oneself to a task or cause and sees the item through to conclusion
Drive	Has energy and enthusiasm to participate effectively or take the lead
Educated	Demonstrates sound knowledge in a topic or area that inspires confidence on the part of others
Enlightened	Sees the world around them for what it is, not what it is hoped to be
Enthusiastic	Brings energy and Positive drive to life or an activity that could be described as passionate

Friendly	Is approachable and easy to get along with
Giving / Generous	Gives of self or personal resources for the benefit of others
Happy	A genuine attitude of enjoying life or a specific activity; satisfaction
Hero	One who gives selflessly in situations, in way that most people would not
Honest	Stands behind what is right, keeps promises, follows through
Impulsive	Ability to make quick decisions, not necessarily based on the best information
Influential	Uses power of leadership to create an atmosphere of cooperation
Initiative	Ability to self-start or take action when required
Loyal	Gives unfaltering commitment to another
Motivated	Ability to create positive energy or momentum in own life
Patient	Takes the time needed to advance
Persuasive	Ability to get others to see your perspective
Responsible	Is accountable to self and others and completes duties, tasks or responsibilities without prompting
Stable	Has a good sense of personal balance or responds well to others or uncertain situations
Self-Reliant	Utilizes own resources, knowledge or tools to complete tasks or responsibilities, and takes action when required

This list is meant to be a guide only.

You will likely find words to describe yourself that are not on this list, feel free to use any word to describe yourself that you think is appropriate.