

# Activity 1 My personal qualities

When thinking about possible career paths, it can be a good idea to identify what your personal qualities are. Different qualities are useful for different careers. For example, if you're good at understanding and relating to the feelings of other people, you might want a career in health or care.

Take a look at the list below and choose the answer relevant to you for each quality – be honest, there are no right or wrong answers!

Once completed, answer the questions below.

Personal quality	Almost Always	Usually	Sometimes	Hardly ever
<b>I am Adaptable</b> (Adaptable people are able to rapidly learn new skills and behaviours in response to changing circumstances)				
<b>I am Adventurous</b> (Adventurous people are willing to take risks or to try out new methods, ideas, or experiences)				
<b>I am Ambitious</b> (Ambitious people have a strong desire and determination to succeed)				
<b>I am Competitive</b> (Competitive people have a strong desire to be the best at something)				
<b>I am Confident</b> (Confident people believe in their abilities and qualities)				
<b>I am Conscientious</b> (Conscientious people have a desire to do a task well and thoroughly)				
<b>I am Dependable</b> (Dependable people can be trusted and relied upon)				
<b>I am Determined</b> (Determined people are prepared to work to overcome obstacles to achieve goals)				
<b>I am Empathetic</b> (Empathetic people are able to understand and share the feelings of others)				
<b>I am Energetic</b> (Energetic people approach tasks with enthusiasm and passion, with lots of energy)				
<b>I am Enthusiastic</b> (Enthusiastic people demonstrate a real interest in what they are doing)				

Personal quality	Almost Always	Usually	Sometimes	Hardly ever
<b>I am Friendly and Sociable</b> (Friendly and sociable people enjoy meeting and working with people)				
<b>I am Helpful</b> (Helpful people are willing to and enjoy helping others)				
<b>I am Inventive and Curious</b> (Inventive and curious people enjoy exploring new things and coming up with new ideas)				
<b>I have Integrity</b> (People with integrity are honest and have strong morals)				
<b>I am Methodical and Analytical</b> (Methodical and analytical people can collect and use information in a logical and well-organised way)				
<b>I am Patient</b> (Patient people can calmly deal with delays, problems or difficult situations)				
<b>I am Physically fit</b> (Physically fit people enjoy looking after their health and doing physical activities)				
<b>I am Polite and Respectful</b> (Polite and respectful people show good manners to others and treat them how they wish to be treated themselves)				
<b>I am Observant</b> (Observant people pay careful attention to detail and are good at noticing things)				
<b>I am Responsible</b> (Responsible people are accountable for their actions and behaviour and can be trusted to do something)				
<b>I am Resourceful</b> (Resourceful people are able to use what they have or think of ways to overcome obstacles)				
<b>I am Tactful</b> (Tactful people are sensitive in dealing with other people's feelings)				
<b>I am Thorough and Well organised</b> (Thorough and well organised people are careful, take into account all details and do so in an organised way)				

# Questions

What are your three best qualities?

How could they be useful in the world of work?

How might this influence your career ideas?

Once you have completed this activity and saved it to your device, remember to upload it to your [Planit portfolio](#) in the JSS Evidence section.