

## Self-Management Skills

Academic	active	accurate
adaptable	adventurous	affectionate
aggressive	alert	ambitious
artistic	assertive	attractive
bold	broad-minded	businesslike
calm	careful	cautious
charming	cheerful	clear-thinking
clever	competent	competitive
confident	conscientious	conservative
considerate	cool	cooperative
courageous	creative	curious
daring	deliberate	democratic
dependable	determined	dignified
discreet	dominant	eager
easygoing	efficient	emotional
energetic	enterprising	enthusiastic
fair-minded	farsighted	firm
flexible	forceful	formal
frank	friendly	generous
gentle	good-natured	healthy
helpful	honest	humorous
idealistic	imaginative	independent
ingenious	industrious	informal
inventive	intellectual	intelligent
lighthearted	kind	leisurely
loyal	likable	logical
meticulous	mature	methodical
modest	mild	moderate
open-minded	natural	obliging
organized	opportunistic	optimistic
painstaking	original	outgoing
persevering	patient	poised
polite	practical	precise
progressive	pressure resistant	punctual
productive	rational	realistic
reliable	resourceful	responsible
self-confident	sensible	sensitive
serious	sharp-witted	sincere
sociable	spontaneous	spunky
stable	steady	strong
strong-minded	sympathetic	tactful
teachable	tenacious	thorough
thoughtful	tolerant	tough
trusting	trustworthy	unaffected
unassuming	understanding	unexcitable
uninhibited	verbal	versatile
warm	wholesome	wise
witty	zany	