

Assignment 1 Core qualities



1. Below is a description of the most common qualities. Select at least 15 qualities which you feel apply to you;

2. Based on the theory, next determine what your true core qualities are (that are apparent always and everywhere, that are part of your essence). Write these down below;

La Fontaine

Training, Coaching & Consultancy

Sample list Core qualities



Accessibility Accommodating Accuracy Adaptability Agility Alertness Altruism Assistance Attentiveness Attention to detail Boundaries Calmness Careful Caring Caution Cautious Cheerfulness Civility Clarity Clearness Compassion Compliance Concentration Confidence Confrontation Consideration Contemplation Conviviality Correctness Courage Courtesy Creativity Decisiveness Dedication Deliberateness Determination Determined Diligent Diplomacy Directness Discreet Down-to-earthness Driven Earnest Effectiveness Efficacy Efficiency Empathy Enthusiasm Exact Fierceness Fairness	Flexibility Formality Frugality Generosity Gentle Giving Grandeur Ground-breaking Harmony Honesty Hospitable Humbleness Humility Humour Idealism Indulgence Industrious Ingenious Initiative Innovative Inspiration Integrity Judgement Joyfulness Kindness Lavish Let go Liberal Light-hearted Listen Long-suffering Loyalty Magnanimity Meticulous Mindful Mobility Modesty Nuance Observe Optimism Orderliness Orientation Outright Passion	Patience Perseverance Persistence Philanthropic Pliable Presence Precision Prevention Practical Pragmatism Professionalism Profiling Progressiveness Purposefulness Realism Receptivity Relaxedness Resilient Resoluteness Rest Restraint Right-mindedness Secure Self-assurance Self-awareness Self-reliance Self-restraint Self-responsibility Sense of reality Sensitivity Seriousness Service-minded Severity Shyness Simplicity Sincerity Single-mindedness	Social Softness Soundness Sparsity Spiritual Spontaneity Steadfastness Strength Strictness Style Subtleness Square Sympathy Tact Tenacious Tenderness Thoroughness Thoughtfulness Tolerance To the point Trust Understanding Understated Unselfishness Unwavering Versatility Vigilance Willingness Zeal
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