PERCEPTION SNAPSHOT

[INTERNAL]

"Just because something feels real does not make it true"

As we continue with self-discovery this [Internal] Perception Snapshot differs from the other in that it turns inward instead of being about current perceptions about our life circumstances

This is also the first of two complementary tools. This Snapshot is specific to what you *think of yourself* in terms of self-image and self-esteem. When we explore Winning the Battle Within will be a Personal Relationship Assessor to help pinpoint *how you treat yourself* specific to your self-love and, in part, self-respect.

If it seems like we are splitting hairs, then you're getting the point. While we're at it, let's clarify that self-image is how you see yourself and self-esteem is how you feel about yourself. And, yes, self-respect is *also* part of self-esteem specific to our positive internal values, such as honesty, confidence, humility, integrity and having dignity, which we've already pinpointed with the Personal Values Assessor in our perception activities.

Whew! OK, now that we've navigated through all the semantics, let's get to the task at hand. The easiest way to focus our Internal Perception Snapshot is to isolate what we think of ourselves in terms of character traits. Here's the thing: there are A LOT of them!

ACTIVITY: 1 – CHARACTER TRAITS IDENTIFIER (TIME: 15 MINUTES)

Below are several pages of character traits list alphabetically in columns separated by Positive, Neutral and Negative. Now, it is *certain* that you will identify various adjectives that you think belong in other columns. It's ok. You're probably right. However, this is about *you*.

PART A: Begin with the Positive column. Identify the traits that you're DEFINITELY NOT.

PART B: Skip to the Negative column. Identify the traits you LIKELY ARE or CAN BE.

PART C: Do the Neutral column. Identity the traits you DEFINITELY ARE.

PART D: Once done A-C, continue on to Activity 2 to complete the Snapshot.

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Character Traits

Positive	Neutral	Negative
Adaptable	Absentminded	Abrasive
Adventurous	Aggressive	Abrupt
Affectionate	Agreeable	Absent-minded
Altruistic	Amusing	Aimless
Ambitious	Artful	Airy
Appreciative	Big-thinking	Aloof
Articulate	Businesslike	Amoral
Aspiring	Busy	Angry
Athletic	Candid	Anxious
Attractive	Carefree	Apathetic
Authentic	Casual	Approval-seeking
Balanced	Competitive	Argumentative
Bold	Complex	Arrogant
Brave	Conforming	Artificial
Capable	Conservative	Assertive
Calm	Cute	Bewildered
Caring	Determined	Deceptive
Conscientious	Discerning	Discouraging
Considerate	Dry	Dishonest
Consistent	Earthy	Disloyal
Cooperative	Emotional	Disorderly
Courageous	Experimental	Disorganized
Courteous	Folksy	Disrespectful
Creative	Formal	Disruptive
Cultured	Frank	Distractible
Curious	Frugal	Disturbed
Decent	Glamourous	Dogmatic
Decisive	High-spirited	Domineering
Dependable	Impersonal	Dull
Devoted	Impressionable	Easily Discouraged
Disciplined	Intense	Egocentric
Discreet	Irreverent	Envious
Dynamic	Maternal	Erratic
Easygoing	Mellow	Evil
Educated	Modern	Excitable

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CHARACTER TRAITS

Effective	Naughty	Extravagant
Efficient	Nice	Extreme
Elegant	Noncommittal	Faithless
Eloquent	Obedient	Fanatical
Empathetic	Old-fashioned	Fearful
Encouraging	Ordinary	Ferocious
Energetic	Outspoken	Fickle
Entrepreneurial	Paternalistic	Fierce
Ethical	Physical	Fiery
Exciting	Picky	Finicky
Extraordinary	Plain	Flamboyant
Fair	Predictable	Foolish
Feminine	Private	Forgetful
Heroic	Progressive	Foul
Honest	Proud	Fraudulent
Honorable	Pure	Frivolous
Hopeful	Quiet	Fussy
Hospitable	Religious	Gloomy
Humble	Reserved	Greedy
Humorous	Restrained	Grim
Idealistic	Risk-taking	Grouchy
Imaginative	Sarcastic	Grumpy
Impartial	Self-conscious	Gullible
Impressive	Sensual	Harsh
Independent	Silly	Hateful
Industrious	Skeptical	Hedonistic
Innovative	Sneaky	Hesitant
Insightful	Solitary	Hopeless
Intelligent	Strict	Hostile
Intuitive	Stubborn	Hurried
Inventive	Stylish	Ignorant
Jovial	Surprising	Immature
Joyful	Talkative	Impatient
Kind	Touchy	Impolite
Knowledgeable	Tough	Impractical
Leader	Unaggressive	Impulsive

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CHARACTER TRAITS

Liberal	Unambitious	Inconsiderate
Light-hearted	Unchanging	Indecisive
Lively	Uninhibited	Indulgent
Logical	Unpredictable	Inefficient
Lovable	Unreligious	Inhibited
Loving	Unsentimental	Insecure
Loyal	Whimsical	Insensitive
Lucky	Zany	Insincere
Masculine		Insulting
Meticulous		Intolerant
Mature		Irrational
Perfectionist		Irresponsible
Persevering		Irritable
Persistent		Lazy
Personable		Liar
Persuasive		Malicious
Playful		Mean
Pleasant		Meddlesome
Polished		Miserable
Polite		Moody
Popular		Nagging
Positive		Naïve
Practical		Narcissistic
Precise		Narrow-minded
Principled		Negative
Profound		Neglectful
Proper		Neurotic
Protective		Obnoxious
Prudent		Obsessive
Punctual		Opinionated
Purposeful		Paranoid
Rational		Passive
Realistic		Perverse
Reflective		Pessimistic
Relaxed		Petty
Reliable		Pompous

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CHARACTER TRAITS

Resilient		Possessive
Resourceful		Prejudiced
Respectful		Presumptuous
Responsible		Pretentious
Responsive		Procrastinating
Romantic		Provocative
Secure		Quirky
Self-confident		Reckless
Self-disciplined		Regretful
Selfless		Repentant
Sensitive		Repressed
Sentimental		Repulsive
Sexy		Resentful
Sharing		Rigid
Simple		Rude
Sincere		Ruthless
Skillful		Sadistic
Smart		Scheming
Sober		Scornful
Sociable		Secretive
Sophisticated		Sedentary
Spontaneous		Self-centered
Sporting		Self-critical
Stable		Self-denying
Studious		Selfish
Suave		Shallow
Subtle		Shrewd
Supportive		Shortsighted
Sweet		Shy
Sympathetic		Sloppy
Systematic		Slow
Tactful		Snobbish
Tasteful		Spoiled
Thorough		Stiff
Thoughtful		Stingy
Tidy		Strong-willed

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CHARACTER TRAITS

Tireless		Stupid
Tolerant		Submissive
Trendy		Superficial
Trusting		Superstitious
Trustworthy		Suspicious
Truthful		Tactless
Uncomplaining		Tardy
Understanding		Tasteless
Unselfish		Tense
Warm		Thoughtless
Well-read		Timid
Well-rounded		Unappreciative
Wise		Uncaring
Witty		Uncharitable
Youthful		Uncooperative
Zealous		Uncreative
		Undisciplined
		Unforgiving
		Unfriendly
		Ungrateful
		Unhealthy
		Unkind
		Unlovable
		Unrealistic
		Unreliable
		Unrestrained
		Unstable
		Vague
		Vindictive
		Violent
		Vulnerable
		Weak
		Wicked
		Willful
		Wishful
		Worrier

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Perception Snapshot Results

Review what you did not choose in Column A (positive) plus what you did choose in Columns B (neutral) and C (Negative). This represents the Perception Snapshot of what you think of yourself specific to your self-image and, to some degree, your self-esteem.

Activity: 2 – Self-Improvement Prioritizer (Time: 5 minutes)

Perhaps even more relevant is that everything you did choose represents some of your qualities you can prioritize for your overall self-improvement, which we'll revisit when you're ready to take your LEAP – Life Enrichment Action Plan.

For now, while fresh, go back over everything you chose and what you view as your top 3-5 priorities for self-improvement from each column. Add any optional notes.

Character Traits

From Positive	From Neutral	From Negative
Notes: such as for additional character traits you wish to call out.		

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SNAPSHOT REVIEW

What do you think of yourself? Nobody's perfect. If we were completely satisfied with everything about ourselves, how then would we ever grow? We also have different motive and desires for self-improvement, some driven more by adventurousness and the excitement of learning new skills and refining our insights to those more rooted in our self-esteem and wanting to feel better about ourselves in one way shape or form.

Your unwavering commitment to continuous self-improvement is part of the joy in life and your abilities to experience new things in different ways. You're here. So I hope you start off by feeling some self-pride!

Now on to the Personal Beliefs Assessor…

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