

## 19 – Personal Strengths and Weaknesses

### Useful Vocabulary

After much introspection,	generous / generosity	aggressive / aggressiveness
good at ( <i>gerund</i> )	hard working	always late / lateness
capable of ( <i>gerund</i> )	helpful / helpfulness	arrogant / arrogance
capability	honest / honesty	blunt / bluntness
talent(ed)	humorous / humor	bossy / bossiness
skill(ed)	idealistic / idealism	closed-minded / closed-mindedness
tend to	imaginative / imagination	controlling / control
I'm proud of ...	innovative / innovation	critical / criticism
mental strength	intelligent / intelligence	cynical / cynicism
bad at	kind / kindness	disorganized / disorganization
lack	lively / liveliness	easily / quickly give up
a lack of	mature / maturity	easily stressed
not ... enough	motivated / motivation	immature / immaturity
too ...	multi-tasking	impatient / impatience
I suffer from (a lack of ...)	natural leader / leadership skills	impulsive / impulsivity
I wish I were more ...	neat / neatness	indecisive / indecisiveness
work on myself	never give up	inefficient / inefficiency
make an effort	open-minded / open-mindedness	inflexible / inflexibility
improve	optimistic / optimism	introverted
develop (new skills)	organized / organization	irresponsible / irresponsibility
can't tolerate	patient / patience	lazy / laziness
adaptable / adaptability	positive / positivity	messy / messiness
ambitious / ambition	practical / practicality	moody / moodiness
analytical	precise / precision	naïve / naivete
articulate	punctual / punctuality	negative / negativity
artistic	reliable / reliability	pessimistic / pessimism
considerate / consideration (toward others)	resourceful / resourcefulness	reckless / recklessness
creative / creativity	responsible / responsibility	selfish / selfishness
decisive / decisiveness	self-confident / self-confidence	shy / shyness
efficient / efficiency	sensitive / sensitivity	slow to adapt
empathetic / empathy	serious / seriousness	stubborn / stubbornness
energetic / energy	sociable / sociability	unmotivated
enthusiastic / enthusiasm	spontaneous / spontaneity	unreliable / unreliability
extroverted	tolerant / tolerance	
fair / fairness	trustworthy / trustworthiness	
flexible / flexibility	warm / warmth	
focused / focus		
friendly / friendliness		



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## **Practice Questions**

1. Describe three of your personal strengths.
2. Give at least one example of how one of your personal strengths has helped you.
3. How do your personal strengths help you at school? Explain.
4. How do you think your personal strengths could help you in your future career? Explain.
5. What are some activities that you enjoy? How do they play to your personal strengths?
6. Describe a big success that you had. What in your personality helped you reach that achievement?
7. How can you utilize some of your personal strengths to help you achieve your goals for the future?
8. Describe three of your personal weaknesses.
9. Which personal weakness do you most wish you didn't suffer from? Explain.
10. Give at least one example of how one of your personal weaknesses has harmed you.
11. What are some things that you avoid doing because of your personal weaknesses? Explain.
12. How could one of your weaknesses also be a positive trait? Explain.
13. Is there any way you are trying to overcome one of your weaknesses? Explain.
14. How do you think you can overcome some of your personal weaknesses in order to achieve your goals for the future?
15. What are three of your most prominent personality traits? Explain and give examples.
16. What is one unusual personality trait that you have? Do you consider it a strength or a weakness and why?
17. Do you consider yourself an introvert or an extrovert? In what way does that aspect of your personality have an impact on your life?
18. Is there anything you would like to change about your personality? If so, what?
19. Do you think you could change one of your strongest personality traits if you tried? Why or why not?
20. Do you share any personality traits with either or both of your parents? Explain and give examples.
21. What kind of personal strengths do you look for in your friends? Why?
22. Describe three strengths that your best friend has and that you especially admire / appreciate.
23. Think of a person you especially admire. What are his or her greatest strengths? Do you share any of these strengths?
24. Which personality traits do you hate and why?



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