



My Traits and Talents

After completing the online personality quiz, complete this activity based on your results.

Choose a phrase from the introduction that sounds like you and three words that fit:



Strengths

What are your talents?

Reflect

How do you use these talents?



Work Habits

How do these help you at work or school?

Careers

What type of careers would I do well in?



**My personality
type**

People who share my personality type:

Name It! Claim It! Aim It!



Name It!

What are your strengths and talents?



Aim It!

- How can your strengths and talents help you achieve your goals?
- What is one way you plan on aiming your talent?



Claim It!

What is one time when your strengths helped you accomplish something?

Journal Reflection

- 1. Did you learn anything new about yourself? If so, what?**
- 2. What parts of your personality quiz results felt like a match for you?**
- 3. What parts did not feel like a good fit?**