

# Know your attributes

Albertine's talent and weakness triangles

## Brainstorm

Organisation Tolerance Critical thinking Learning/Fast absorption Active listening/Empathy Creativity **Emotional bonding** Self-control Assertiveness/Honesty Drive/Hard-working Tact/sympathy Dealing with Resourcefulness/Adaptation violence/hostility Serious/Responsible Observation/Holistic focus Selective auditive attention Openness/Curiosity Face recognition

Resilience/Optimism

## Method

To come up with these characteristics, I have done some introspective work, thinking about main events of my life and how I feel about myself.

I also asked friends, family members and colleagues to define me in 5 words, using both positive and negative words. This is a great way to gain insight on how you are perceived by others.

Finally, I took a few personnality tests such as the Value In Action character strengths test.

To select my ring strengths, I did a parallel between my own introspection, the descriptive words used by my friends, colleagues and familly, and the results from various tests, and selected the ones that came up with the highest frequency.

# Ring strengths and weaknesses





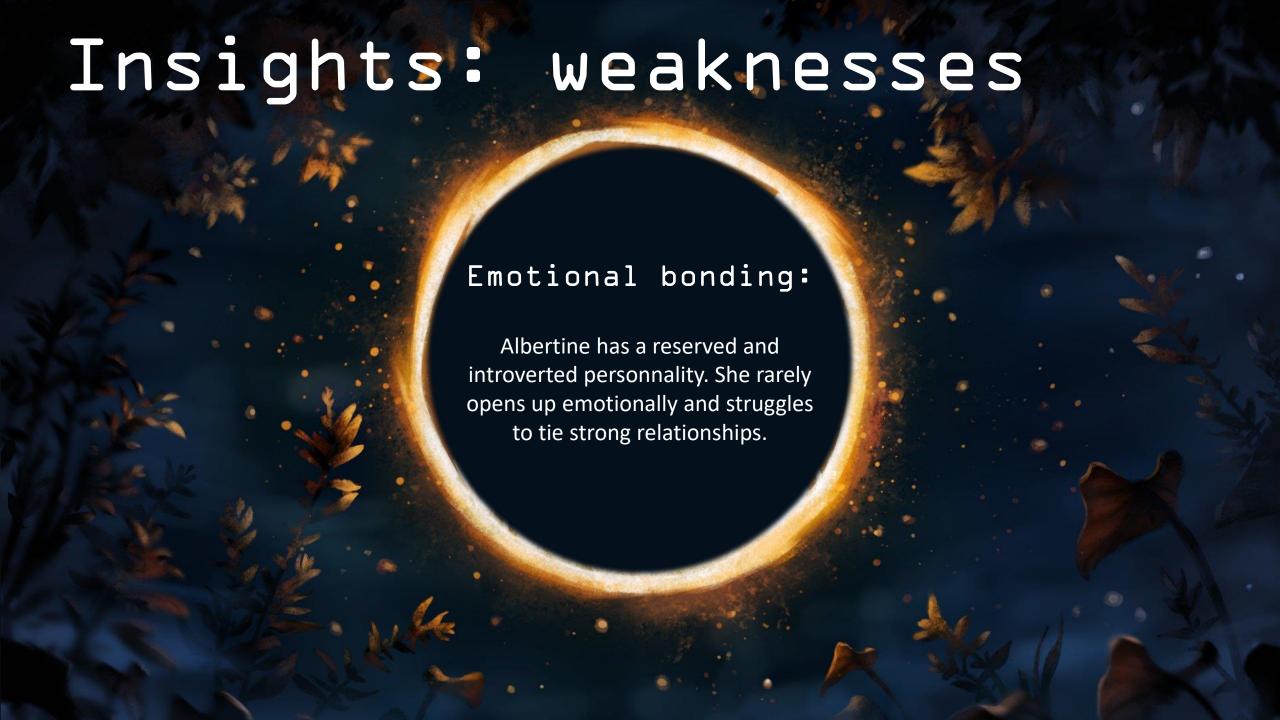
















## Next steps:

Here are the next upgrades to Albertine's ability tree:

- Upgrading Active Listening to Active Constructive Responding: actively celebrating other's achievements and news.
- Boosting emotional and social resilience to downgrade the ring weaknesses.

