



Personality Compass

Intentional Trait Development

How do your personality traits, currently, align with your goals?

What additional characteristics would bring you closer to your goals?

List five actions you can take that are consistent with the traits you'd like to develop

1

2

3

4

5

What self-limiting beliefs do you have about your ability to carry out the actions listed above?



Personality Compass

Intentional Trait Development, P.2

What can you tell yourself when self-limiting thoughts pop up?

Part 2: Complete after trying one of the actions from page 1 ↓

What happened? Did you get a different outcome than you usually get? How did the environment respond to you?

What did you learn about yourself from trying a new action? Does it change how you see yourself? Does it motivate you to try again?