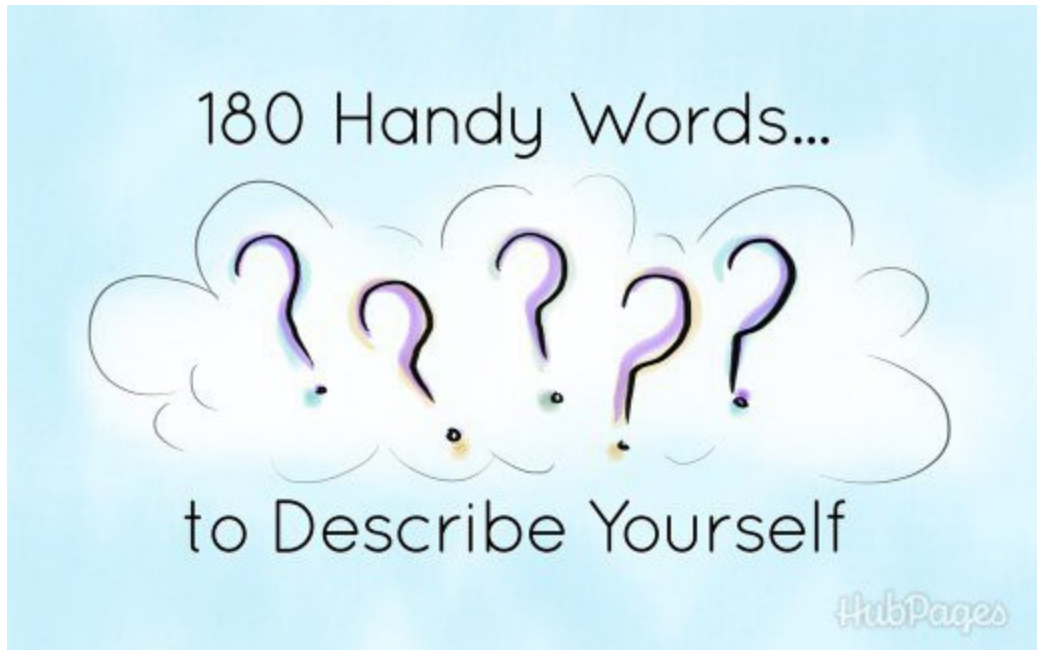


# How to Describe Yourself - 180 Words for Your Positive Qualities

Updated on August 4, 2016



## **Describe Yourself for Online Dating, Job Interviews, Resumes, and More**

Learning how to describe yourself accurately is something we usually have to put some effort into. This seems to be especially true in most western cultures where being honest about our skills, qualities, and attributes can be confused with being arrogant, "blowing your own trumpet," and being excessively self indulgent.

If we do learn to describe ourselves, we can often forgo self confidence training by being our own confidence guru and simply acknowledging and appreciating our own positive qualities.

**Ready? Scroll down for list of 180 adjectives to help you describe yourself.**

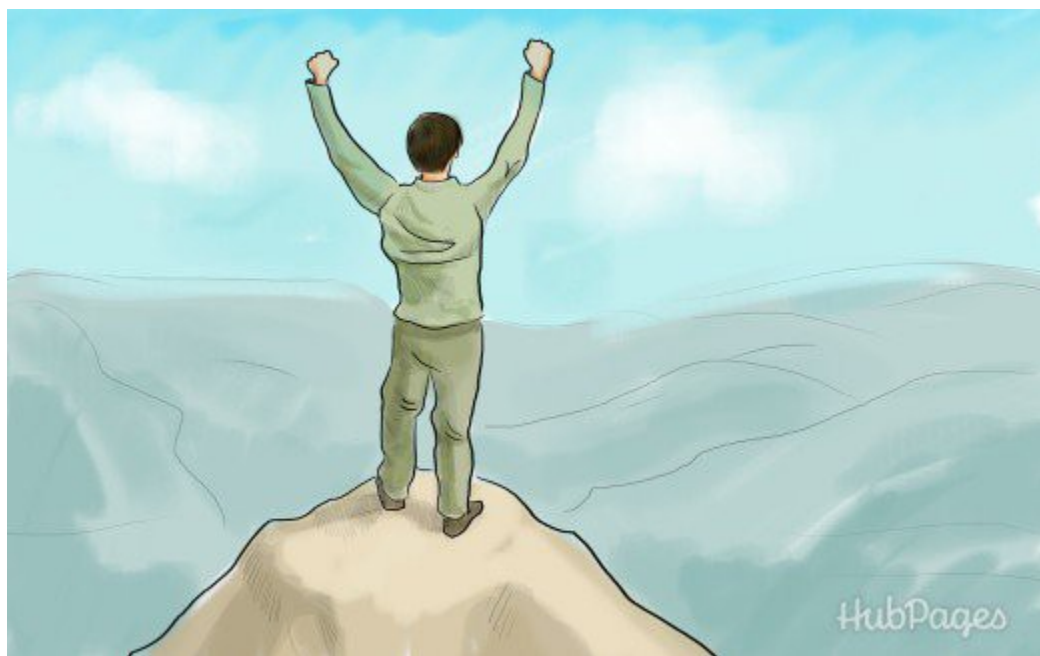
## **Positive Adjectives to Use on a Resume**

Inventive	Exciting	Thoughtful
Powerful	Practical	Proactive
Productive	Professional	Quality
Quick	Balanced	Achiever
Knowledgeable	Leader	Literate
Logical	Initiator	Original

Outgoing	Particular	Patient
Active	Positive	Consistent
Compassionate	Incredible	Independent
With integrity	Mediator	Emotional
Cheerful	Forgiving	Sensuous
Generous	Sporty	Devoted
Candid	Rebellious	Cooperative
Industrious	Interesting	Racy
Meditative	Understanding	Quirky
	Quixotic	

### Words to Describe Yourself (Adjectives)

Because we can all identify with 90% of these adjectives in some situation or other, I suggest picking 10 to 15 words that describe how you are *most* of the time, regardless of the situation. It might be helpful to think about who are you when you are on your own, doing your own thing. There will be very few other people who will identify the exact same combination, because we're all different.



### Favorable Descriptive Words to Use in a Job Interview

Honest	Assertive	Attentive
Direct	Broad-minded	Committed
Conscientious	Dynamic	Hard worker
Persistent	Mature	Methodical
Motivated	Objective	Tenacious
Sociable	Friendly	Realistic

Reliable	Resourceful	Respectful
Responsible	Creative	Confident
Traditional	Trustworthy	Unconventional
Unique	Ecclectic	

### It's Okay to Know What Our Positive Qualities Are...

From my experience of delivering training programs and seminars on improving confidence and self esteem, whenever participants are asked to state just five of their best qualities, a hushed embarrassment usually fills the room. Then, "I don't know" is the most common response.

Conversely, we're all a lot better at listing our faults and failings and can get onto that task without any difficulty. It's like most of us haven't even dared to think about the question, "What's good about me?"—if that's you, then it's even more important that you read this and prepare yourself with several apt adjectives.



### More Positive Descriptions

Optimistic	Accomplished	Adept
Analytical	Articulate	Artistic
Self-disciplined	Controversial	Individual
Tolerant	Naive	Green
Unselfish	Sophisticated	Stable
Strong	Successful	Tactful
Talented	Team player	Fun
Intelligent	Changeable	Passionate

Intense	Intuitive	Upbeat
Vibrant	Funny	Constructive
Customer-oriented	Dependable	Direct
	Loyal	

Competitive	Political	Social consciousness
Modest	Courageous	Enthusiastic
Enterprising	Entrepreneurial	Facilitator
Focused	Genuine	Open-mindedness
Wise	Sensitive	Sense of humor
Sensible	Sincere	Skilled
Solid	Communicative	Helpful
Fast	Responsible	Results-driven
Results-oriented	Self-reliant	Organised
Knowledgeable	Logical	Personable
Pleasant	Flexible	Adaptable
Persuasive	Perceptive	Insightful
Trustworthy	Easy going	Good listener
Imaginative	Warm	Ambitious
Diplomatic	Curious	Leader

### How Do I Describe Myself?

Perceptive	Down-to-earth	Open-minded
Knowledgeable	Logical	Analytical
Quick learner	Genuine	Warm
Inventive	Rebellious	Generous
	Insightful	

These are some of the words that I think best describe me.

### Your List of Positive Qualities

So, how did you get on? How does it feel to identify your positive qualities? Good, I hope! Put some practice into learning how to describe yourself and you will find an increase in self esteem and confidence and probably an improvement in your relationships too!



