

Traits Self-Reflection Worksheet



There are certain traits that fit well with self-employment. This worksheet asks you to reflect on your traits and experiences.

For each trait, describe an example from your life.
Check the box if you think this is one of your strong traits.

Example

Planning

I organized the Arlee lacrosse tournament for 10 teams, including organizing brackets, lining up refs, and making sure food vendors were at the fields.

Planning

Follow-through

Problem-solving

Leadership

Passion

Meeting multiple demands

People skills



**Once you fill out this worksheet,
share your answers with your TVR counselor.**

This toolkit was developed by RTC:Rural under a grant from the National Institute on Disability, Independent Living, and Rehabilitation Research (#90RTCPO002-01-00). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents do not necessarily represent the policy of NIDILRR, ACL, HHS, and you should not assume endorsement by the Federal Government.