Characteristics of successful changers

Read through this list and check the words that generally apply to you:

☐ Accepting	☐ Committed	☐ Flexible	☐ Persevering	☐ Stubborn
☐ Active	☐ Competent	☐ Focused	☐ Persistent	☐ Thankful
☐ Adaptable	☐ Concerned	☐ Forgiving	☐ Positive	☐ Thorough
☐ Affectionate	☐ Considerate	☐ Free	☐ Prayerful	☐ Tough
☐ Affirmative	☐ Courageous	☐ Happy	☐ Quick	☐ Trusting
☐ Alert	☐ Creative	☐ Healthy	☐ Reasonable	☐ Trustworthy
☐ Alive	☐ Decisive	☐ Hopeful	☐ Receptive	☐ Truthful
☐ Ambitious	☐ Dedicated	☐ Imaginative	☐ Relaxed	☐ Understanding
☐ Anchored	☐ Determined	☐ Ingenious	☐ Reliable	☐ Unique
☐ Assertive	☐ Die-hard	☐ Intelligent	☐ Resourceful	☐ Unstoppable
☐ Assured	☐ Diligent	☐ Knowledgeable	☐ Responsible	☐ Vigorous
☐ Attentive	☐ Eager	☐ Mature	☐ Skillful	☐ Whole
☐ Brave	☐ Earnest	☐ Open	☐ Solid	☐ Willing
☐ Bright	☐ Effective	☐ Optimistic	☐ Spiritual	☐ Winning
☐ Capable	☐ Energetic	☐ Orderly	☐ Stable	☐ Wise
☐ Careful	☐ Experienced	☐ Organized	☐ Steady	☐ Worthy
☐ Cheerful	☐ Faithful	☐ Patient	☐ Straightforward	☐ Zealous
☐ Clever	☐ Fearless	☐ Perceptive	☐ Strong	☐ Zestful

This activity is in the public domain and may be reproduced and adapted without further permission.
Shelby Steen, W.R. Miller, W. R. (2004).

KAISER PERMANENTE®

229850_1-21

All plans offered and underwritten by Kaiser Foundation Health Plan of the Northwest.
500 NE Multnomah St., Suite 100, Portland, OR 97232. ©2021 Kaiser Foundation Health Plan of the Northwest

List your top 5 characteristics and give an example of each:

1. _____ Example: _____

2. _____ Example: _____

3. _____ Example: _____

4. _____ Example: _____

5. _____ Example: _____

Look over the list again. This time, focus on the characteristics you didn't select. Choose 2 that would most likely help as you are adding to your stress management skill set:

1. _____

2. _____

How might you go about cultivating these characteristics?

_____

_____

_____

KAISER PERMANENTE®

All plans offered and underwritten by Kaiser Foundation Health Plan of the Northwest.
500 NE Multnomah St., Suite 100, Portland, OR 97232. ©2021 Kaiser Foundation Health Plan of the Northwest

229850_1-21