



May 2017 be the year of peace,  
for you and for all beings.

Martina Famos

### Assess Your Uniqueness

Look at the strengths/qualities below and identify yours. Open yourself to finding many that apply to you. Some you will readily recognize as being your core qualities, while other qualities are within you, even if not predominantly.

**The blend of your qualities make you unique.**

They represent the potential you have to achieve what you want in life, in your own unique way.

All humans beings have a set of qualities which makes us all equally worthy. Even if every human is different from the other, we all deserve respect and dignity for who we are. We all have our place in this world and this is not conditional. We all have qualities that bring a unique goodness through our very existence. Living according to these principles brings inner peace and peace amongst us.

Active  
Determined  
Goal-Driven  
Devoted  
Decisive  
Independent

Inspirational  
Likes new challenges  
Likes variety  
Takes responsibility  
Creates new ideas  
Diligent  
Calm

Likes change  
Warm  
Loyal  
Friendly  
Dynamic  
Ambitious  
Hard-working  
Practical  
Loving  
Takes charge  
Motivates  
Goes new ways  
Appreciative  
Adventurous  
Romantic  
Honest  
Visionary  
Enduring  
Can adapt rapidly to new situations  
Lives for ideals  
Learns from mistakes very fast  
Reliable  
Precise  
Trusting  
Peaceful  
Even-tempered  
Conscientious  
Humble  
Natural  
Firm  
Is a thinker  
Efficient  
Economical  
Can take decisions  
Stays in background  
Can manage time and money  
Is good in organizing  
Respectful  
Orderly  
Straight  
Clear  
Curious  
Intelligent  
Lives with system and order  
Creates clear conditions  
Searches for (and gives) security  
Independent and decisive  
Effective  
Thinks conceptual  
Can regulate  
Takes enough time for preparations

Courageous in taking risks  
Shares knowledge (a form of generosity)  
Wants to have significance within a team  
and to belong to a successful team  
Looks out for leading positions  
Looks out for difficult situations with  
open issues  
Can delegate  
Loves nature  
Can lead  
Understanding  
Stands for his ideas with persuasion  
Wants to renew  
Committed  
Brings diversion  
Fascinating  
Likes people  
Can deal with surprises  
Charming in love matters  
Esthetical  
Generous  
Can summarize  
Trouble shooter  
Supportive  
Expresses love by doing  
Gives protection  
Approachable  
Grateful  
Affectionate  
Reliable  
Faithful  
Protective  
Thinks positive  
Social  
Good listener  
Interacts easily with others  
Diplomatic  
Meets expectations  
Likes to share  
Good team player  
Thankful  
Spontaneous  
Good observer  
Creative  
Fast  
Solution-oriented  
Can feel  
Fulfills the tasks in a way that others are  
happy  
Friendly and tolerant  
Can mediate

Good with deadlines  
Autonomous  
Has the overview in practical matters  
Respects laws and rules  
Is good at structuring  
Can convey contents in a clear and comprehensive way  
Helpful  
Can harmonize  
Loves contacts with all kinds of people  
Maintains good relationships and is liked by others  
Keeps the positive in eye  
Meets people easy and relaxed  
Soft  
Strives for harmony  
Honors positive feedback  
Diplomatic skills  
Sees the bigger picture  
Has style  
Focused  
Attached  
Cordial  
Sincere  
Sage  
Reflected  
Has a friendly look and friendly voice  
Helps colleagues when they are overloaded  
Can adapt to others  
Knowledgeable  
Easy-going  
Can let go  
Brave  
Cares about team spirit and does everything for the team  
Spreads happy atmosphere  
Makes home a cozy place  
Sporty

Can adapt  
Wanted and accepted conversational partner  
Entertaining  
Emphatic  
Has time and patience for others  
Agile  
Unworried  
Forgiving  
Attentive  
Easy-going  
Sympathetic  
Modest  
Benevolent  
Interested  
Sparse  
Regardful  
Kindhearted  
Tolerant  
Light footed  
Flexible  
Patient  
Sensitive  
Joyful  
Has a good memory  
Talks about feelings  
Funny  
Sensual  
Imperturbable  
Tactful  
Tender  
Open  
Gives comfort  
Eye for details  
Polite  
Loves simplicity  
Balanced  
Spiritual