

Positive Traits

Able	Diligent	Leadership personality	Respectful
Accepting	Direct	Learned	Responsible
Accessible	Discreet	Lenient	Righteous
Accomplished	Easygoing	Level-headed	Saintly
Accurate	Earnest	Likeable	Scholarly
Adaptable	Educated	Lively	Scrupulous
Adept	Effective	Lofty	Selfless
Adroit	Efficient	Logical	Self-control
Affable	Eloquent	Loving	Self-esteem
Agile	Energetic	Loyal	Self-respect
Agreeable	Enthusiastic	Magnanimous	Self Sacrificing
Altruistic	Erudite	Mature	Sense of Humor
Ambitious	Ethical	Merciful	Sensible
Amicable	Exact	Methodical	Sensitive
Appreciative	Expressive	Meticulous	Serene
Articulate	Faithful	Mild	Serious
Assertive	Farsighted	Modest	Sharp
Astute	Flexible	Moral	Sincere
Attentive	Fluent	Natural	Skillful
Aware	Forgiving	Noble	Smart
Beloved	Frank	Novel	Sociable
Benefactor	Friendly	Obedient	Speedy
Benevolent	Frugal	Objective	Spirited
Blissful	Generous	Open	Spiritual
Brave	Gentle	Optimistic	Stable
Bright	Genuine	Orderly	Steadfast
Brilliant	Gifted	Organized	Steady
Buoyant	Giving	Original	Straightforward
Calm	Good-natured	Outgoing	Studious
Candid	Graceful	Outspoken	Sweet
Capable	Grateful	Painstaking	Swift
Careful	Handy	Patient	Sympathetic
Caring	Happy	Peace o fmind	Systematic
Cautious	Hardworking	Peaceful	Tactful
Charitable	Healthy	Perspective	Talented
Cheerful	Helpful	Perseverance	Tasteful
Clear	Honest	Persuasive	Thankful
Colorful	Honorable	Poised	Thorough
Compassionate	Hopeful	Polished	Thoughtful
Composed	Hospitable	Polite	Thrifty
Confident	Humane	Popular	Tidy
Conscientious	Humble	Potential	Tolerant
Considerate	Idealistic	Practical	Tranquil
Consistent	Imaginative	Precise	Trustful
Content	Imperturbable	Productive	Trustworthy
Cooperative	Indefatigable	Prompt	Truthful
Courageous	Industrious	Prudent	Unafraid
Creative	Intellectual	Punctual	Understanding
Daring	Intelligent	Quiet	Upright
Dauntless	Intrepid	Quieting	Venturesome
Decisive	Influences Others	Rapport with people	Vigorous
Deep	Interesting	Rational	Warm
Deliberative	Introspective	Realistic	Wholehearted
Dependable	Jolly	Reasonable	Wise
Devoted	Joyful	Refined	Will-power
Devout	Kind	Relaxed	Zestful
Dexterous	Kindhearted	Reliable	
Dignified	Knowledgeable	Resourceful	

Negative Traits

Abrupt	Corrupt	Foggy	Irritable	Remorseful
Absentminded	Covetous	Foolish	Irritating	Repulsive
Abusive	Cranky	Forgetful	Jealous	Resentful
Acrimionious	Critical	Forlorn	Jumps to conclusions	Restless
Afraid of people	Crooked	Frantic	Juvenile	Revengeful
Aggressive	Cross	Fraudulent	Lacks confidence	Rigid
Aimless	Crude	Frivolous	Lax	Rough
Alarmist	Cruel	Frustrated	Lazy	Rude
Aloof	Cunning	Garrulous	Liar	Ruthless
Angry	Cynical	Glib	Lifeless	Sad
Antagonistic	Dawdler	Gloomy	Listless	Sadist
Anxious	Deceitful	Glum	Loafer	Sarcastic
Apathetic	Deceptive	Gluttonous	Lonely	Secretive
Apprehensive	Defensive	Gossiper	Loner	Self-abasing
Argumentative	Defiant	Graceless	Loquacious	Self-blaming
Arrogant	Dejected	Greedy	Loud	Self-centered
Artificial	Delinquent	Gross	Lowly	Self-conscious
Attention-seeking	Demanding	Grumpy	Lustful	Selfish
Awkward	Dependent	Gullible	Malicious	Self-righteous
Babyish	Depressed	Hardhearted	Manipulative	Sensation-seeking
Barbaric	Derisive	Harsh	Mean	Servile
Base	Deserter	Hasty	Mediocre	Shabby
Beats around the bush	Despairing	Headstrong	Meddlesome	Shallow
Belligerent	Destructive	Hostile	Mercenary	Shortsighted
Bigoted	Detached	Hyper	Merciless	Show-off
Bitter	Devious	Hypercritical	Mischievous	Shy
Blunt	Dictatorial	Hypersensitive	Miserable	Sinful
Boastful	Disagreeable	Hypochondriac	Monotonous	Sloppy
Boisterous	Discouraged	Hypocritical	Moody	Slow
Boorish	Discourteous	Hysterical	Myopic	Smug
Bore	Dishonest	Idle	Nagging	Snobbish
Brazen	Disloyal	Ignorant	Naive	Squeamish
Brooder	Disobedient	Illogical	Neglecting	Stingy
Brutal	Disorderly	Ill-tempered	Negligent	Strange
Brutish	Disrespectful	Illusive	Nervous	Stubborn
Bullyish	Distracted	Immature	Neurotic	Submissive
Callous	Distrustful	Immoderate	Nosy	Sulky
Cantankerous	Domineering	Immoral	Obnoxious	Suspicious'
Capricious	Downcast	Impatient	Obstinate	Tactless
Careless	Dreamy	Impetuous	Odd	Tasteless
Caustic	Drowsy	Impulsive	Offensive	Tense
Characterless	Dull	Impudent	Oppressive	Thoughtless
Charlatan	Eccentric	Inaccessible	Opportunistic	Timid
Chatter-box	Egoistic	Inactive	Ostentatious	Tyrannical
Cheater	Egotistic	Incompetent	Overbearing	Uncertain of oneself
Cheeky	Elusive	Inconsiderate	Overeats	Uncompromising
Cheerless	Envious	Inconsistent	Paranoid	Underhanded
Childish	Evasive	Indecisive	Passive	Unethical
Closed	Excessive	Indifferent	Pessimistic	Unfair
Clumsy	Excitable	Indiscreet	Petty	Unforgiving
Course	Exhibitionist	Ineffective	Phobic	Unfriendly
Coercive	Extravagant	Inefficient	Phony	Unhappy
Cold	Extremist	Inept	Pitiless	Unrealistic
Coldhearted	Fainthearted	Inexperienced	Pompous	Unreliable
Colorless	Faraway	Infantile	Prejudiced	Unsociable
Competitive	Fastidious	Inferiority complex	Prideful	Unstable
Complacent	Fearful	Inflexible	Procrastinator	Vain
Complainer	Ferocious	Insecure	Quarrelsome	Vengeful
Compulsive	Fickle	Insensitive	Quixotic	Violent
Conceited	Fierce	Insincere	Quitter	Weak
Confused	Finicky	Intimidated	Rebellious	Wily
Conscienceless	Flighty	Intolerant	Reckless	Withdrawn
Contentious	Flippant	Irrational	Recluse	Worrier
Contradictory	Flustered	Irresponsible	Regretful	

I. Know Yourself

Using the Character Trait List, choose 10-15 positive and negative traits that you feel best apply to you

Positive	Negative
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

II. Know What You Are Looking For

A) List 10-12 things you are looking for in a mate.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

B) Think of one happily married couple that you know. List three things you like about their marriage.

C) Think of the person of the opposite gender who had a strong, positive impact on your life.
List three traits that describe him/her.

D) Add traits to your mate list based on the material that may have surfaced in steps B and C.

E) Go back to "Know Yourself" and your own character traits. Are these being properly complimented by the things you've listed in your mate list? If not, add those missing things to your mate list. (e.g. if you listed impulsive for yourself, make sure your mate is practical.)

F) Prioritize your mate list. Ask yourself "what is the most important trait?" and list in order down to the least important.

1. _____	6. _____
2. _____	7. _____
3. _____	8. _____
4. _____	9. _____
5. _____	10. _____