

Personality & Character Traits

English Vocabulary, Sentence Structure & Self-Analysis Worksheet

Student Name:

Date: | Grade:

Key Concept: Personality refers to the individual patterns of thinking, feeling, and behaving that make each person unique.
Traits are adjectives we use to describe these characteristics.

SECTION 1: VOCABULARY REFERENCE (KEY TRAITS)

Positive / Empowering Traits	Behavioral Meaning
Honest & Sincere	Always tells the truth, does not cheat or steal, and acts with integrity.
Empathetic & Kind	Understands how others feel, listens actively, and cares for people's needs.
Responsible	Completes obligations promptly, takes ownership of errors, and is dependable.
Resilient & Patient	Remains calm under stress and bounces back from failure without giving up.
Creative & Open-minded	Enjoys thinking outside the box and welcomes alternative perspectives.

Challenging / Negative Traits	Behavioral Meaning
Selfish / Self-centered	Cares only about personal gain and disregards the welfare of other people.
Stubborn / Rigid	Refuses to compromise or change viewpoint even when presented with clear evidence.
Impatient & Impulsive	Acts suddenly without thinking and gets frustrated easily when things take time.
Irresponsible / Careless	Neglects duties, blames others for mistakes, and shows poor attention to work.

SECTION 2: PRACTICAL EXERCISES

Word Bank: generous | stubborn | reliable | ambitious | patient | talkative | anxious | polite

Exercise 1: Match the Trait to the Situation

Read the behavioral clues and fill in the blank with the correct adjective from the word bank:

- Daniel works long hours and sets high goals because he wants to run his own software company one day. → He is _____.
- Maya always holds the door for strangers and remembers to say "please" and "thank you." → She is _____.
- You can count on Kevin. If he promises to meet you at 4:00 PM, he arrives five minutes early. → He is _____.
- Even though all data showed the route was blocked, Alex insisted on driving that way. → He is _____.
- Mrs. Davis waited calmly for forty minutes without getting irritated or upset. → She is _____.

SECTION 3: OPPOSITES & WORD FORMS

Exercise 2: Antonyms (Opposite Personality Traits)

Write the direct antonym for each personality adjective below:

1. optimistic × _____

2. polite × _____

3. hard-working × _____
4. modest / humble × _____

5. generous × _____

6. flexible × _____

Exercise 3: Sentence Formation

Write two original sentences describing someone you know, using personality adjectives:

1. (Positive trait): _____
2. (Challenging trait): _____

SECTION 4: SELF-REFLECTION & PSYCHOLOGICAL GROWTH

1. Personal Trait Inventory

List 3 core strengths you possess, and 2 traits you would like to cultivate further:

My Core Strengths:

• 1.

• 2.

• 3.

Traits I Want to Develop:

• 1.

• 2.

2. Critical Thinking & Behavioral Evidence

Describe a specific situation where one of your positive traits helped you solve a conflict or achieve a goal:

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SECTION 5: PEER ACTIVITY & DISCUSSION

Partner's Name: _____

Ask your partner to name two positive traits they see in you, and write them below:

- 1)
- 2)

Discussion Question: "Can a person deliberately alter their core personality traits through conscious effort and habit changes, or is personality mostly fixed?"

Summarize your joint conclusion in one or two sentences:

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"Personality is not carved in stone. It is a dynamic pattern that evolves through self-awareness, deliberate choices, and meaningful relationships."