

# What Are Your Three Words?

This exercise will guide you to identify three words that embody how you want to be known and impact others at work and in life. Think of these three words as who you are at your best when you imagine the most ideal version of yourself.

## CREATIVE THOUGHT STARTERS

**What** would make you proud to be described as?

**How** do you want to impact & make others feel?

**What** traits do you admire most in the people you look up to?

## INSPIRATIONS & EXAMPLES:

|               |              |               |                 |
|---------------|--------------|---------------|-----------------|
| ADAPTABLE     | DELIGHTFUL   | HARMONIOUS    | PRACTICAL       |
| ADVENTUROUS   | DEPENDABLE   | HONEST        | RELIABLE        |
| AMBITIOUS     | DETERMINED   | INNOVATIVE    | RESILIENT       |
| ANALYTICAL    | DYNAMIC      | INSPIRATIONAL | RESOURCEFUL     |
| APPRECIATIVE  | EASYGOING    | INTUITIVE     | RESPECTED       |
| ATTENTIVE     | EMPATHETIC   | JOYFUL        | SINCERE         |
| CARING        | ENCOURAGING  | KIND          | STRAIGHTFORWARD |
| CHEERFUL      | ENERGETIC    | LOGICAL       | STRATEGIC       |
| CLEVER        | ENTHUSIASTIC | LOVING        | STRONG          |
| COLLABORATIVE | EXUBERANT    | LOYAL         | SUPPORTIVE      |
| COMPASSIONATE | FEARLESS     | OPEN-MINDED   | TENACIOUS       |
| CONFIDENT     | FRIENDLY     | OPTIMISTIC    | THOUGHTFUL      |
| CONSIDERATE   | GENEROUS     | PASSIONATE    | TRUSTWORTHY     |
| COURAGEOUS    | GENTLE       | PATIENT       | UNIQUE          |
| CREATIVE      | GROUNDED     | POSITIVE      | VERSATILE       |

## MY THREE WORDS ARE