

99 Characteristics of Change Champions

Take a look at this list of characteristics that people may possess and highlight at least five strengths that you recognize in yourself.

| | | | |
|--------------|--------------------------|-----------------|-----------------|
| adventurous | serious | bold | stable |
| active | imaginative | lively | strong |
| accepting | resourceful | positive | brave |
| adaptable | quick | loving | loyal |
| open-minded | flexible | easy-going | visionary |
| attentive | fearless | doer | unyielding |
| sincere | patient | courageous | responsible |
| persevering | smart | thoughtful | reasonable |
| enthusiastic | skilful | forgiving | understanding |
| energetic | healthy | resilient | trustworthy |
| special | healthy with body & mind | unstoppable | insightful |
| consistent | charming | open | full of energy |
| grateful | thorough | sincere | cautious |
| direct | well-grounded | optimistic | vigilant |
| assertive | organised | tidy | warm-hearted |
| dynamic | self-conscious | ingenious | worthy |
| effective | persistent | positive-minded | tenacious |
| respectful | cheerful | mature | future-oriented |
| satisfied | ambitious | dedicated | knowledgeable |
| diligent | hopeful | perceptive | reliable |
| inventive | intelligent | shrewd | confident |
| energetic | interested | confident | |
| committed | wise | sensitive | |
| decisive | competent | solid | |
| determined | concentrated | careful | |
| experienced | creative | spiritual | |

Source: W.R: Miller (2004)

Recognizing your strengths and reflecting on them can boost your self-confidence. Being aware of your strengths can give you the confidence to tackle change, such as daily exercise, and find the motivation to stick with it.

How could your five strengths support you in regularly implementing the HOMEX training?