

# INITIATE RELATIONSHIPS WITH POSITIVE PEOPLE

## A PERSONAL REFLECTION

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On the next two pages, you will find one hundred character traits --- 50 positive and 50 negative. While there are hundreds of other words that can be used to describe those who surround us who are positive or negative, these descriptors can be used to analyze those around us. Read through both lists in preparation for an exercise of personal reflection of those you encounter the most. Once you have reviewed the lists, turn to the last page for the personal reflection exercise.

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# Positive Character Traits



- |               |                |
|---------------|----------------|
| Accountable   | Friendly       |
| Ambitious     | Generous       |
| Approachable  | Genuine        |
| Attentive     | Helpful        |
| Authentic     | Honest         |
| Calm          | Hopeful        |
| Caring        | Humble         |
| Cheerful      | Humorous       |
| Compassionate | Joyful         |
| Confident     | Kind-hearted   |
| Considerate   | Mindful        |
| Consistent    | Optimistic     |
| Cooperative   | Passionate     |
| Courteous     | Patient        |
| Dependable    | Pleasant       |
| Devoted       | Relaxed        |
| Driven        | Reliable       |
| Empathetic    | Respected      |
| Encouraging   | Self-confident |
| Energetic     | Self-reliant   |
| Enthusiastic  | Sincere        |
| Exuberant     | Sympathetic    |
| Faithful      | Tolerant       |
| Flexible      | Transparent    |
| Forgiving     | Understanding  |



## Negative Character Traits



Abrasive	Narrow-minded
Angry	Obnoxious
Argumentative	Overcritical
Arrogant	Pessimistic
Belligerent	Quarrelsome
Critical	Quick-tempered
Cruel	Resentful
Cynical	Rigid
Deceitful	Rude
Discouraging	Ruthless
Disruptive	Sarcastic
Dominating	Scornful
Egocentric	Secretive
Evil	Self-indulgent
Foolish	Selfish
Gossipy	Sneaky
Greedy	Stingy
Grumpy	Stubborn
Hopeless	Superficial
Inconsistent	Troublesome
Intolerant	Unethical
Judgmental	Ungrateful
Liar	Unpredictable
Manipulative	Vengeful
Mean	Whiny





## PERSONAL REFLECTION EXERCISE

The people we allow in our lives have a significant impact on us. Research has shown that we become like the people we're around the most. If they're positive, we will demonstrate more positive character traits. The same is true for those who are negative.

In this exercise, you are challenged to reflect on the ten people you are around the most --- both personally and professionally. Scroll through the contacts in your phone to identify the ten people you communicate with the most personally or professionally. List them, and then check them against the lists to determine the influence these people may be having on your life.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

While we don't need to eliminate the negative influences in our life, we certainly can adjust or limit the amount of access the people have to us. Even more importantly, we can increase the amount of time we spend with those who have a positive impact on us by initiating relationships with positive people. Based on what you found, are there some adjustments you can make in who you allow access?