

Self-awareness	Sensing what we are feeling right now and using those preferences to guide our decisions. Having a realistic assessment of our own abilities and possessing a good, grounded sense of self.
Emotional attention	To acknowledge own feelings and their effect.
Exact self-assessment	To know own strengths and weaknesses.
Self-confidence	To feel confident in own value and abilities.
Self-regulation	Managing our emotions so that they do not get in the way but facilitate the task at hand. To be conscientious and postpone meeting needs to reach our goals. Being good at putting emotional discomfort behind oneself.
Self-control	Being able to control chaotic emotions and impulses.
Trustworthiness	To maintain honesty and integrity as the norm.
Conscientiousness	To take responsibility for own performance.
Adaptability	Being flexible in response to change.
Innovation	To be safe and open to new thinking, new approaches and new information.
Motivation	To use our strongest preferences to move and steer us toward our goals. And to help us take initiatives and improve ourselves and to be persistent when we face challenges and frustration.
Achievement drive	The need to improve and reach the standard of excellence.
Commitment	Aligning with the goals of the group or organization
Initiative	Preparedness to seize opportunities.
Optimism	Pursuing goals persistently despite obstacles and setbacks.