

PERSONAL INSIGHT	Knowing what we feel here and now and using these preferences to guide our decisions; having a realistic view of our own abilities and possessing a sound, down-to-earth feeling of self-confidence.
Emotional attentiveness	Recognizing one's emotional states and their effects.
Precise self-estimation	Knowing one's own strength and weaknesses.
Self-confidence	Being certain of one's own value and own abilities.
SELF-MANAGEMENT	Managing our emotional states so that they do not present an obstacle to but facilitate the task at hand; being conscientious and deferring the fulfillment of needs in order to reach our goal; the ability to put emotional unpleasantness behind one.
Self-control	Being able to manage chaotic feelings and impulses.
Trustworthiness	Being able to maintain honesty and integrity as norms.
Conscientiousness	Taking responsibility for one's own conduct.
Adaptability	Being flexible in one's reaction to change.
Renewal	Feeling secure about and open to new thinking, new approaches, and new information.
MOTIVATION	Using our strongest preferences to move and guide us towards our goal, to help us take initiatives and improve ourselves, and to be persistent when we encounter obstacles and frustration.
Achievement drive	The desire to improve oneself and reach the highest standards.
Commitment	To adjust to a group's or an organization's objectives.
Initiative	Readiness to grasp opportunities.
Optimism	Persistence in striving to achieve goals in spite of obstacles and setbacks.
EMPATHY	To sense what others feel, to be capable of looking at things in perspective, cultivate contacts, and swing with many different people.
Understanding others	Being sensitive to others' feelings and perspectives, and taking an active interest in what they are interested in.
Helping others to develop	Being sensitive to others' need for development and supporting their abilities.
Service orientation	To anticipate, discover, and meet customers' needs.
Utilize diversity	To create opportunities with the help of people's diversity.
Political awareness	To read a group's emotional undercurrents and power structures.