

# TRANSITION IN YOU

PERSONAL & EXECUTIVE COACHING

Achievement	Effectiveness	Insightfulness	Self-control
Adventurousness	Efficiency	Intelligence	Selflessness
Altruism	Elegance	Intellectual Status	Self-reliance
Ambition	Empathy	Intuition	Sensitivity
Assertiveness	Enjoyment	Joy	Serenity
Balance	Enthusiasm	Justice	Service
Belonging	Equality	Leadership	Shrewdness
Benevolence	Excellence	Legacy	Simplicity
Boldness	Excitement	Love	Soundness
Calmness	Expertise	Loyalty	Speed
Challenge	Exploration	Making a difference	Spontaneity
Cheerfulness	Expressiveness	Mastery	Stability
Clear-mindedness	Fairness	Merit	Strategic
Commitment	Faith	Obedience	Strength
Community	Family	Openness	Structure
Compassion	Fidelity	Order	Success
Competitiveness	Fitness	Originality	Support
Consistency	Fluency	Patriotism	Teamwork
Contentment	Focus	Perfection	Temperance
Continuous Improvement	Freedom	Philanthropy	Thankfulness
Contribution	Fun	Piety	Thoroughness
Control	Generosity	Positivity	Thoughtfulness
Cooperation	Goodness	Practicality	Thrift
Correctness	Grace	Precision	Timeliness
Courtesy	Growth	Preparedness	Tolerance
Creativity	Happiness	Professionalism	Traditionalism
Curiosity	Hard Work	Prudence	Trustworthiness
Decisiveness	Harmony	Quality	Truthfulness
Dependability	Health	Reliability	Truth-seeking
Determination	Holiness	Responsibility	Understanding
Devoutness	Honesty	Resourcefulness	Uniqueness
Diligence	Honour	Restraint	Unity
Discipline	Humility	Results	Usefulness
Discretion	Independence	Rigour	Vision
Diversity	Ingenuity	Security	Vitality
Dynamism	Inquisitiveness	Self-actualisation	Wealth