## PERSONAL INTELLIGENCE

**Definition:**
The capacity to reason about personality and to use personality and personal information to enhance one’s thoughts, plans, and life experiences.

<table>
<thead>
<tr>
<th>Competencies</th>
<th>Attributes</th>
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<tbody>
<tr>
<td><strong>Wellness</strong></td>
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<tr>
<td>Balances quality or state of being healthy in body and mind as the result of deliberate effort.</td>
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<tr>
<td><strong>Ethical</strong></td>
<td><strong>Fit/Healthy</strong></td>
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<tr>
<td>Embraces what has been defined as right behavior and influences people through actions, principles, values and beliefs.</td>
<td>Embraces a balanced lifestyle that promotes dimensions of wellness including emotional, mental and physical.</td>
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<td><strong>Optimistic</strong></td>
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<td>Remains steadfast personally and professionally in the face of adversity; believes adversity can be overcome; looks on the positive side of situations.</td>
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<tr>
<td><strong>Self-aware</strong></td>
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<tr>
<td>Recognizes and is aware of one’s self, one’s strengths and weaknesses, one’s ‘gut-level’ instincts; reacts positively and appropriately to any situation.</td>
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<td><strong>Growth Mindset</strong></td>
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<td>Embraces challenges; persists despite obstacles; sees effort as a path to mastery; learns from criticism; is inspired by others’ success.</td>
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<tr>
<td><strong>Humble</strong></td>
<td><strong>Reflective</strong></td>
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<tr>
<td>Knows what he/she does not know; resists being arrogant; never underestimates competition.</td>
<td>Thinks critically about personal behaviors, attitudes, beliefs and values.</td>
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<tr>
<td><strong>Intentional</strong></td>
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<td>Acts rather than reacts; is deliberate; recognizes every aspect of their behavior; sets personal leadership milestones.</td>
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<td><strong>Accountable</strong></td>
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<td>Holds oneself to a higher standard and continuous growth; honors, stands behind, and takes ownership of agreements and decisions that one makes.</td>
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<td><strong>Self-Management</strong></td>
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<td>Monitors and takes responsibility for one’s own behavior and well-being, personally and professionally.</td>
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<td><strong>Organized</strong></td>
<td><strong>Balanced</strong></td>
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<tr>
<td>Plans and accomplishes things in a prioritized, orderly manner.</td>
<td>Lives and leads with multiple perspectives; considers not only the organizational and financial impact of decisions, but also the personal, social and environmental impacts.</td>
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<td><strong>Self-Controlled</strong></td>
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<td>Regulates behavior to achieve goals, acts strategically, and stays calm during stress.</td>
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<td><strong>Self-Confident</strong></td>
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<tr>
<td>Aware and comfortable with personal strengths and weaknesses; celebrates others’ accomplishments; seeks opportunities to learn and develop; listens to others ideas; accepts both challenges and support; empowers others to grow and lead.</td>
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<tr>
<td><strong>Innovation</strong></td>
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<td>Introduces new methods, novel ideas, processes or products that are put into operation.</td>
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<td><strong>Creative</strong></td>
<td><strong>Resilient</strong></td>
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<td>Solves problems or challenges in novel ways from new perspectives and seeks innovation in exploring potential options.</td>
<td>Strong enough to live with uncertainty and ambiguity; learns to grow through adversity.</td>
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<td><strong>Adaptive</strong></td>
<td><strong>Courageous</strong></td>
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<td>Takes on the gradual but meaningful process of change, both individually and within the organization; thrives within challenging environments.</td>
<td>Takes chances after thoughtful estimation of the probable outcome; willing to take bold moves after careful deliberation and preparation.</td>
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