

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.

Competencies	Attributes	
Wellness Balances quality or state of being healthy in body and mind as the result of deliberate effort.	1A Ethical Embraces what has been defined as right behavior and influences people through actions, principles, values and beliefs.	1C Optimistic Remains steadfast personally and professionally in the face of adversity; believes adversity can be overcome; looks on the positive side of situations.
	1B Fit/Healthy Embraces a balanced lifestyle that promotes dimensions of wellness including emotional, mental and physical.	1D Self-aware 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.
Growth Mindset Embraces challenges; persists despite obstacles; sees effort as a path to mastery; learns from criticism; is inspired by others' success.	2A Humble Knows what he/she does not know; resists being arrogant; never underestimates competition.	2C Intentional Acts rather than reacts; is deliberate; recognizes every aspect of their behavior; sets personal leadership milestones.
	2B Reflective Thinks critically about personal behaviors, attitudes, beliefs and values.	2D Accountable Holds oneself to a higher standard and continuous growth; honors, stands behind, and takes ownership of agreements and decisions that one makes.
Self-Management Monitors and takes responsibility for one's own behavior and well-being, personally and professionally.	3A Organized Plans and accomplishes things in a prioritized, orderly manner.	3C Self-Controlled Regulates behavior to achieve goals, acts strategically, and stays calm during stress.
	3B Balanced Lives and leads with multiple perspectives; considers not only the organizational and financial impact of decisions, but also the personal, social and environmental impacts.	3D Self-Confident 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.
Innovation Introduces new methods, novel ideas, processes or products that are put into operation.	4A Creative Solves problems or challenges in novel ways from new perspectives and seeks innovation in exploring potential options.	4C Resilient Strong enough to live with uncertainty and ambiguity; learns to grow through adversity.
	4B Adaptive Takes on the gradual but meaningful process of change, both individually and within the organization; thrives within challenging environments.	4D Courageous Takes chances after thoughtful estimation of the probable outcome; willing to take bold moves after careful deliberation and preparation.