

# 100 WAYS OF BEING

|             |             |            |            |            |            |             |            |            |             |
|-------------|-------------|------------|------------|------------|------------|-------------|------------|------------|-------------|
| Grateful    | Joyful      | Assertive  | Curious    | Compassion | Optimistic | Creative    | Thoughtful | Patient    | Adventurous |
| Brave       | Calm        | Generous   | Focused    | Honest     | Open       | Grounded    | Energetic  | Loving     | Persistent  |
| Humble      | Inspired    | Reflective | Playful    | Resilient  | Tranquil   | Passionate  | Inventive  | Caring     | Resourceful |
| Tolerant    | Hopeful     | Prudent    | Mindful    | Sincere    | Visionary  | Reliable    | Ambitious  | Kind       | Dynamic     |
| Peaceful    | Confident   | Wise       | Serene     | Diligent   | Bold       | Charitable  | Friendly   | Observant  | Empathetic  |
| Steadfast   | Spontaneous | Patient    | Gracious   | Engaged    | Meticulous | Imaginative | Modest     | Respectful | Decisive    |
| Cooperative | Sympathetic | Empowered  | Structured | Loyal      | Punctual   | Analytical  | Warm       | Direct     | Flexible    |
| Tactful     | Proactive   | Poised     | Methodical | Joyous     | Nurturing  | Discerning  | Supportive | Daring     | Motivated   |
| Vibrant     | Evolving    | Faithful   | Expressive | Timely     | Studious   | Fair        | Harmonious | Rational   | Receptive   |
| Composed    | Sensitive   | Intuitive  | Detailed   | Active     | Logical    | Free        | Sensible   | Balanced   | Spiritual   |