



## GLAM Superpower Adjectives Glossary

**Agreeable** - Someone who is agreeable, is friendly and supportive of others and their ideas, some might refer to you as 'easy going'

**Artistic** - If you are artistic, you will have good imagination, the ability to dream and to come up with solutions. You might also enjoy drawing, painting and making things with your hands

**Careful** – If you are careful, you take your time to consider all the options and risks - you do not make decisions quickly but instead you will give more thought to the situation and when you have all the information you need you will then make a decision

**Caring** - You care about other people from family to friends - you can put yourself into their shoes to better understand how they are feeling, this is also known as being empathic - because you think about how other people feel and can relate to them

**Cautious** - If you are cautious, you might like to take your time to make a decision - also you might like others to try something before you try, so you can learn from them and ensure you do not make any mistakes or take any risks

**Clear** - Someone who is clear, can provide information easily - for example if someone asked you for directions, you would be able to share with them the directions that they need, without causing any confusion

**Clever** - There are many ways to be clever - it's not just about grades, if you are clever, it might be how you can use humor, also known as 'wit' in conversations to tell interesting stories

**Collaborative** - You enjoy working with others - this might be from being on a sports team or working with others on a project – you are at your best when you can bounce ideas off others

**Conscientious** - Someone who is conscientious, will be hardworking - you like to get your homework done and completed on time and not leave anything to the last minute, so you don't have to rush. You are also aware of how others might be feeling and you don't like letting people down

**Considerate** - You are thoughtful of others and care about them, you are kind and understanding of how others might be feeling

**Cooperative** - You are helpful and supportive - you like to help others and work well with other people, you work well as part of a team

**Creative** - Someone who is creative might really enjoy arts, from drawing and painting but also writing and telling stories. If you are creative, you might also enjoy finding the answer to problems and coming up with unusual solutions!

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**Curious** - If you are curious, you may like to ask lots of questions or even take things apart to find out how they work or like finding out about the world by reading books and watching documentaries

**Determined** - You like to finish what you started, and you have a strong will to succeed or to win. If something challenges you, you will overcome rather than give-up

**Diplomatic** - Someone who is diplomatic, is good at making sure that everyone is happy and can help to share the thoughts of others - they like helping others to reach agreement

**Efficient** - Someone who is efficient - is really good at making the most of the time they have - you might also be well organized - from how your room is 'organized' to arranging your day to ensure all your tasks are completed

**Fair-minded** - If you are fair-minded, you are truthful and open, telling others how you feel and sharing your thoughts - you may not have strong opinions but you can see both sides of an argument - the good and the bad

**Friendly** - You find it easy to make friends and like to make everyone feel happy and welcome - people that know you would describe you as friendly or approachable

**Funny** - Someone who is funny or humorous, may like to tell jokes and to entertain and to amuse others through story telling. You might like to be funny to help others feel comfortable and safe

**Good with money** - If you are good with money, you might already have savings. If you receive money, you wouldn't spend it all at once but save some and plan how to spend your money, save and maybe even 'invest'

**Helpful** - Someone who is helpful is always ready and willing to help others

**Honest** - If you are honest, your friends and family trust you - you will be there for others and share how you feel with them and let them know your thoughts and opinions

**Imaginative** - You enjoy creating and telling stories, using your mind to dream and come up with options and ideas that sometimes, others have not thought of before

**Impartial** - Someone who is 'impartial' is someone who doesn't have strong opinions - people might say that you are 'fair' - and they seek your advice and thoughts when they are in disagreement - you are unlikely to side with either party but listen

**Intuitive** - If you are intuitive, you might know the answer or understand how someone is feeling without having to be told - you might have a natural instinct if a situation is bad or good, if someone is feeling happy or sad

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**Inventive** - You like to make things and come up with ideas and solutions

**Logical** - Someone who is logical, maybe good at math and solving problems, you might be able to see how to do get to a solution before others do.

**Methodical** - You like things to be in order, everything has a place - your room is probably very tidy if you are methodical you might also like to do things a certain way because you have worked out a process or an order that works

**Neat** - If you are neat, this might show from the way you dress, to your handwriting and also in how you organize your bedroom - you like everything to be tidy and, in its place

**Organized** - If you are organized, you might like having a plan - and to know when things are happening. Your bedroom might be also tidy - with everything having its place.

**Out-going** - If you are out-going, you like to be surrounded by friends, family and team members. You are very happy in social situations, when you are with people and you enjoy being with others rather than by yourself

**Patient** - If you are patient, your friends and family might say that you are easy-going - you are happy to wait and do not get frustrated if things take longer than expected. You are also happy to take the time to help others

**Persuasive** - Someone who is persuasive is able to influence others - you might be able to convince people from friends and family to team members to take a different approach, to try something new - or to do things your way

**Polite** - If you are polite - you might like to wait to ask a question, and prefer to listen first - you wouldn't like to interrupt someone - you are happy to wait your turn. You also like to say hello, thank you and goodbye - often referred to having 'good manners'

**Practical** - If you are practical, you are likely to be sensible and 'down to earth' - you might also really like using your hands to make things

**Reliable** - If you are reliable, you don't let others down - you will complete your work on time and you don't like to be late. People that know you might say that you are 'dependable' and that they 'trust' you

**Resourceful** - If you are resourceful, you can help with preparation and plans - you like to think about what is needed

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**Self-motivated** - If you are self-motivated - you don't need to be asked to tidy your room, or to complete your homework - you know what needs to be done and are motivated to complete any activities, chores without the need for someone to ask you too. You are not likely to get bored as you can make the most of your time by finding something to do

**Self-reliant** - If you are self-reliant - you are quite happy spending time on you own - you don't need to be around lots of people to have fun - you might also enjoy completing projects by yourself and can get your work done on your own

**Sensible** - If you are sensible - you are likely to want to have all the information you need before you make any decisions. You are less likely to take risks - instead you enjoy finding out what you should do first

**Supportive** - Someone who is supportive, is there for others - it means that you will help others when needed from friends and family and even people you do not know

**Sympathetic** - Someone who is sympathetic is kind and caring - they like to understand how others are feeling

**Understanding** - If you are understanding, you will take the time to listen to friends and family to team members, you may also take the time to do research to ensure you have all the information you need to make a decision

**Need further support?** If you are unsure about the meaning of an adjective after reading this glossary, please reach out to [Ali at GLAMHQ](#).

## THANK YOU

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