Exercise

Rest

Balanced Diet

Professional Appearance

***Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Hr\_\_\_\_\_***

***Personal Characteristics of Health Care Workers***

**No matter which health care occupation you choose, the following qualities will be important to your job success.**

1. Accountable for your actions telpbnsioisiry \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Truthfulness, integrity sneothy \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Control your Temper tanecipe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Saying the kindest thing catt \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

in a difficult situation

1. Concern for another’s Feelings yamphet \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Employers and clients rely on you eteldbydipnai \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Qualified for a specific task poteecnemc \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Positive Attitude snutseamih \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Learn and adapt to chages swelgisininl ot nrlea \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Stay on task without assistance flse-vainootim \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. Listen to ideas for improvement pcaceceant of tricsmici \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. Improves muscle tone xeecseri \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
9. Aids in dealing with stress stre \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
10. Dressed for work fssanplroeoi ecepapraan \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
11. Making healthy food choices laadecnb etid \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
12. Works well with others aemt yaplre \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
13. Good Judgment about information ricsotined \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
14. Find a Picture from a magazine of a person dressed in appropriate professional wear for a health career you are interested in, and cut it out and paste it to the back of worksheet and write 2 sentences why this is appropriate.