

What are the interests of your son/daughter?

What are the positive attributes of your son/daughter?

Eg. hardworking, courageous, inventive, sensitive, outgoing, joyful, helpful etc.

What are the roles your son/daughter fills?

Eg. son, daughter, sister, brother, aunt, uncle, neighbour, friend, student, employee, soccer player, musician, artist etc.

A short introduction to my son/daughter at a social event

Alternate setting/audience: _____

Alternate setting/audience: _____

Alternate setting/audience: _____

Positive attributes

accurate	educated	lovable	reliable
adaptable	efficient	loving	reserved
adventurous	eloquent	loyal	resourceful
affable	empathetic	magnanimous	respectful
affectionate	encouraging	mature	responsible
agreeable	energetic	methodical	responsive
ambitious	enthusiastic	meticulous	romantic
amicable	ethical	moderate	scrupulous
amusing	exuberant	modern	secure
appreciative	fair	modest	self-confident
articulate	faithful	neat	self-disciplined
artistic	fashionable	obedient	self-reliant
attentive	fearless	objective	selfless
balanced	firm	observant	sensible
benevolent	flexible	open	sensitive
bold	focused	open-minded	shy
brave	forgiving	optimistic	sincere
bright	frank	orderly	skilful
brilliant	friendly	organised	sociable
broad-minded	funny	original	solid
capable	generous	passionate	spontaneous
captivating	gentle	patient	sporting
careful	genuine	peaceful	stable
caring	gracious	perceptive	steadfast
charming	grateful	persistent	stoic
clean	gregarious	persuasive	straightforward

clear-headed	hard-working	pioneering	strong
clever	helpful	placid	suave
compassionate	heroic	plucky	subtle
confident	honest	personable	sympathetic
conscientious	humble	polished	talented
considerate	humorous	polite	tasteful
constructive	idealistic	powerful	thoughtful
convincing	imaginative	practical	thrifty
courageous	impartial	principled	tolerant
courteous	incisive	productive	tough
creative	independent	proficient	trustworthy
curious	individualistic	profound	unassuming
daring	innovative	progressive	understanding
decent	insightful	prompt	unselfish
decisive	intelligent	protective	upright
dependable	interesting	prudent	versatile
determined	intuitive	punctual	vivacious
dignified	inventive	purposeful	warm
diligent	invulnerable	quick-witted	well-read
diplomatic	keen	quiet	well-rounded
disciplined	kind	rational	wholesome
discreet	liberal	realistic	willing
dynamic	likable	reasonable	wise
easy-going	logical	relaxed	witty

Role examples

Son	Artist	Pianist
Daughter	Bike rider	Heavy metal fan
Brother	Athlete	Chef
Sister	Party planner	Church member
Neighbour	Greeter/Welcomer	Golfer
Friend	Host	Hawks fan
Student	Family history expert	Basketball fan
Worker	Horse rider	Bulldogs supporter
Volunteer	Car enthusiast	AFL fan

TIP: If you are having trouble converting interests/hobbies into roles you can simply add "er"

Eg. If your daughter likes playing soccer she is a soccer player
If your son likes gardening he is a gardener