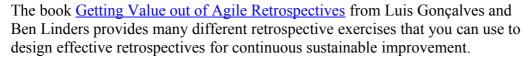# Core Qualities for Agile Retrospectives

Core qualities are positive qualities; strengths that people have. They define how people behave in situation, how they react on things, and how they collaborate in teams. This makes them useful for agile teams to explore how how things are going in the team and to improve themselves. Core qualities come from research on the Core Quadrant by Daniel Ofman.

Here's a set of core qualities that can be used to do Valuable Agile Retrospectives:

accommodating	adventurous
ambitious	brave
concerned	confident
consensus-directed	consistent
contemplative	creative
critical	decisively
dedicated	disciplined
efficient	empathetic
flexible	helpful
idealistic	independent
innovative	loyal
modest	optimistic
organized	patient
persuasive	rational
realistic	reciprocally
relaxed	reliable
resolute	service-oriented
stable	subdued

The retrospective exercise Exploring Strengths with Core Qualities can be used by agile teams to explore the strengths of team members and define actions to become better in what they do.

This exercise is provided in the the Retrospective Exercise Toolbox, a free of charge agile and lean tool that helps you to do Valuable Agile Retrospectives.

The book Getting Value out of Agile Retrospectives from Luis Gonçalves and Ben Linders provides many different retrospective exercises that you can use to design effective retrospectives for continuous sustainable improvement.

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