My strengths and good qualities

A list of your strengths, skills and good qualities.

Name _____ Date _____

This can feel awkward, even boastful. You are correcting a view of yourself that has been one-sided for a long time. Aim to be accurate. If you get stuck, ask someone who knows you well.

What do I like about myself, however small?

What have I achieved, or got through? (Include things that were hard for me, even if they look ordinary.)

What skills and talents do I have?

What do other people value in me, or thank me for?

What qualities do I appreciate in others that I also have, even a little?

What bad qualities do I not have? (Am I cruel? Dishonest?)

How might someone who cares about me describe me?

A quality	A recent example of it

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Positive qualities log

Each day, three things you did and what they show about you.

Name _____ Date _____

Each day, write down three things you did, however small, and what each says about you. "Rang my mother" shows caring. "Went to work when I did not feel like it" shows perseverance. The aim is to notice what you would normally brush aside.

Day	What I did	What it shows about me
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

What was it like to do this?

How much do I believe my old bottom line at the end of the week?

0 — 10 — 20 — 30 — 40 — 50 — 60 — 70 — 80 — 90 — 100

Not at all — Completely

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