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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