

My Good Qualities...

#5 What do I think are bad qualities? What bad qualities do I not have?

1.
2.
3.

helping tips:

- Remember to include *everything* no matter how small, insignificant, modest, or unimportant you think they are
- Than take your time to complete the worksheet...You may need more than one sitting to complete the worksheets.

Thats all people ..you can start writing your cool qualites ☺ .

4# What do others say they like about me? or How might someone who cared about me describe me?

1.
2.
3.

#1 What do I like about who I am? Or What characteristics do I have that are positive?

1.
2.
3.
4.

3# What do others say they like about me? Or What are some attributes I like in others that I also have in common with? Or How might someone who cared about me describe me?

1.
2.
3.
1.

#2 What are some challenges I have overcome? Or What are some skills or talents that I have?

1.
2.
3.

Your name-
Date -