



Positive Qualities Record

Read the following questions	Using the questions, write down your positive qualities
What do you like about yourself, however small or fleeting?	
What positive qualities do you possess?	
What have you achieved in your life, however small?	
What challenges have you faced?	
What gifts or talents do you have, however modest?	
What skills have you acquired?	
What do other people like or value in you?	
What qualities and actions that you value in others do you share?	
What aspects of yourself would you appreciate if they were aspects of another person?	
What small positives are you discounting?	
What are the bad things you are not?	
How might another person who cared about you describe you?	