

Identifying positive qualities

To help you make a list of your positive qualities, ask yourself the following questions:

- What do I like about who I am?
- What characteristics do I have that are positive?
- What are some of my achievements?
- What are some challenges I have overcome?
- What are some skills or talents that I have?
- What do others say they like about me?
- What are some attributes I like in others that I also have in common with?
- If someone shared my identical characteristics, what would I admire in them?
- How might someone who cared about me describe me?
- What do I think are bad qualities? What bad qualities do I not have?