

SPOTTING POSITIVE BEHAVIOR

Do It Yourself Activity

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

What do others like about me?

What bad qualities I don't have?

What are my greatest strengths?

What challenges have I overcome?

What are my biggest achievements?

What are my positive characteristics?

What do I like the most about myself?

What qualities do I share with my idols?

What are the moments that give me happiness?

What someone who knows me will tell about me?

[Download](#) Try-it yourself sheet.



