

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?	