

## Positive Personal Qualities

List below the positive qualities that you have, or have had in the past.

- What good qualities (personality traits, characteristics, strengths) do I have?
- What good qualities have I shown in the past?
- How might others describe me in a positive way?
- What have others said about me in the past? (Parents, partners, children, other family, friends, colleagues, managers, teachers, other....)

Who said or says?	When?	Positive Quality or Qualities

Examples of personal positive qualities: *kind, gentle, strong, resilient, caring, assertive, hard-working, reliable, honest, practical, responsible, loyal, mature, creative, consistent, appreciative, capable, quick, sensitive, perceptive, patient, thoughtful, fit, trustworthy, shows initiative, motivated, versatile, educated, willing, experienced, efficient, open-minded, logical, serious, supportive, resourceful, realistic, funny, punctual, friendly, humane – and many others!*