**Positive Qualities Record**

**Watch out** for negative self-evaluations or discounting your positives as “small” or “no big deal” or “not worth writing.” You tend to remember detailed negative things about yourself, therefore we must do the same with the positives – it is only fair!

Also remember, you don’t have to do these positive things absolutely perfectly or 100% of the time – that is impossible. So be realistic about what you write down. For example, if you tend to be ‘hard working,’ but recall the one time you took a sick day after a big weekend; you might say to yourself “I can’t write that down because I haven’t done it 100%.” If you take that attitude, you are not being fair and realistic with yourself.

Finally, don’t just do this exercise for the sake of it, and then put it in the back of a drawer, never to be seen again. It is important that you **re-read** the things you write in your journal, reading them over and over with care and consideration. Reflect on what you have written at the end of the day, week, or month. Let all the positive qualities pile up and ‘sink in.’ This is really important so that you learn to take notice of these things and feel more comfortable acknowledging them, rather than just giving them lip-service.

**Positive Qualities Record**

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?

\*Remember to include everything no matter how small, insignificant, modest, or unimportant you think they are

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