



Positive Qualities Record

Questions to consider	Positive qualities	Can you think of any recent times when you demonstrated these qualities?
Describe any positive things you like about yourself (e.g. <i>your eyes, that you're caring, your assertiveness at work</i>)		
What makes you a great person to be with (e.g. <i>I'm fun when I'm in social situations, caring and considerate</i>)?		
Describe any of your personal and professional achievements (e.g. <i>studies, promotions, raising kids, travelling, creative projects</i>)		
What challenges have you faced and how did you rise to cope with these (e.g. <i>university course, loss of loved one</i>)?		
What gifts or talents do you have (e.g. <i>musical instrument, good listener</i>)?		
What do think other people may like or value in you (e.g. <i>supportive, loyal</i>)?		
What qualities and actions that you value in others do you share (e.g. <i>funny, well groomed, generous, intelligent</i>)?		
Are there any additional small positives you may be discounting (e.g. <i>ask a friend/partner what they like in you</i>)?		