



WORKSHEET

Exercise | What are my good qualities?

Often we are quick to mention our faults and overlook our good qualities. It is now time for you to pay special attention to what is good about you—focus on the aspects of your personality that make you uniquely a good person. Look at yourself in an honest and realistic way. You should not try to be polite and deny your strengths, but also you should not have to exaggerate to make up for not feeling good enough to be accepted by others.



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1. Find the words that apply to you in the following list of nice things people say about other good people. Circle all those that describe you.

Appreciative	Reliable	Friendly
Humble	Thoughtful	Wise
Creative	Warm	Thorough
Kind	Faithful	Independent
Sensitive	Articulate	Leader
Responsible	Open	Pleasant
Considerate	Communicative	Tolerant
Punctual	Spiritual	Energetic
Attractive	Loving	Includes others
Hardworking	Trustworthy	Physically fit
Intelligent	Reasonable	Conscientious
Sociable	Wide interests	Moral
Decision maker	Easygoing	Humorous
Loyal	Mechanical	Talented
Ethical	Honest	Athletic
Musical	Organized	Artistic
Well-groomed	Well-dressed	Accepting
Insightful	Polite	Complimentary
Practical	Patient	Happy
Approachable	Good listener	Respectful
Obedient	Thrifty	Helpful

Other good things about me that are not on this list are:



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2. Now give a copy of the form on the following page to two or three people that know you well (parent, friend, teacher, relative) and ask them to circle words that they believe describe you. Fill in their names and your name in the blank spaces.



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Dear _____
(Person's Name)

Because you know me very well, I would like you to tell me what you think are the best things about me. Please circle words that really describe.

Thank you very much for taking the time to do this for me,

(Your Name)

Appreciative	Reliable	Friendly	Insightful
Humble	Thoughtful	Wise	Practical
Creative	Warm	Thorough	Approachable
Kind	Faithful	Independent	Obedient
Sensitive	Articulate	Leader	Polite
Responsible	Open	Pleasant	Patient
Considerate	Communicative	Tolerant	Good listener
Punctual	Spiritual	Energetic	Thrifty
Attractive	Loving	Includes others	Complimentary
Hardworking	Trustworthy	Physically fit	Happy
Intelligent	Reasonable	Conscientious	Respectful
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Other good things about me that are not on the list of choices are:

3. Now write a list of your 10 best qualities selected from the circled items on your list and the lists completed by others who circled items to describe you.

My Ten Best Qualities

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

4. Post your list of My Ten Best Qualities on a mirror in your home. Look yourself squarely in the eye as you say each of the words out loud at least one time a day for 7 days in a row. At the end of the week, write a paragraph about how you feel about yourself in the following space.