My Strengths and Qualities

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Things I am good at: |  |  | Compliments I have received |
| 1 |  |  | 1 |  |
| 2 |  |  | 2 |  |
| 3 |  |  | 3 |  |
|  |  |  |  |  |
|  | What I like about my appearance: |  |  | Challenges I have overcome |
| 1 |  |  | 1 |  |
| 2 |  |  | 2 |  |
| 3 |  |  | 3 |  |
|  |  |  |  |  |
|  | I’ve helped others by: |  |  | Things that make me unique: |
| 1 |  |  | 1 |  |
| 2 |  |  | 2 |  |
| 3 |  |  | 3 |  |
|  |  |  |  |  |
|  | What I value most: |  |  | Times I’ve made others happy: |
| 1 |  |  | 1 |  |
| 2 |  |  | 2 |  |
| 3 |  |  | 3 |  |