YOUR POSITIVES

Positives are about what you attempt, what you think, how you act and who you are. This activity is for you to capture what you think about yourself. Not what anyone else thinks about you.

Circle or Highlight any of the following positives that are true about you:

good listener honest beautiful reliable brave

talented at a sport hardworking good sense of humor smart kind to people

patient good friend loving responsible sincere respectful

helpful fun talented at a hobby giving appreciative strong

Give examples of 3 of the positives that you circled; for example, if you circled "patient," describe a specific time when you expressed patience, or tell me about a situation when you noticed yourself being patient.

****BONUS ACTIVITY- Ask 2 people to name 3 of your positive qualities****