

My Strengths and Qualities

Things I am good at...

1

2

3

Compliments I have received...

1

2

3

What I like about my appearance...

1

2

3

Challenges I have overcome...

1

2

3

I have helped others by...

1

2

3

Things that make me unique...

1

2

3

What I value the most...

1

2

3

Times I have made others happy...

1

2

3