

# 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