Knowing Your Positive Qualities

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Directions

Self-confidence and self-satisfaction comes from knowing and understanding your positive qualities. Everyone has different qualities that make them unique and this worksheet will help you identify them.

Values refer to things you think are important in life, like kindness, generosity, and compassion.
Skills can refer to anything you are really good at, like cooking, computers, sports, and so on.
Interests refer to hobbies or other activities you do almost every day. Your interests could be music, reading, or collections of various kinds.

Values	Skills
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
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Interests

Other Positive Qualities

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