

## *Inspiration for Finding Qualities You Like About Yourself*

Kind	Intelligent	Perceptive
Thoughtful	Fit	Intuitive
Caring	Slim	Good with people
Helpful	Attractive	Good communicator
Honest	Nice eyes	Self aware
Loyal	Nice smile	High earner
Friendly	Articulate	Accomplished
A good friend	Conscientious	Dedicated
A good listener	Independent	Sporty
Trustworthy	Adventurous	Sensible
Bright	Compassionate	Clever
Smart	High achiever	Like to Contribute
Funny	Considerate	Optimistic
Fair	Talented	Good leader
Creative	Sociable	Studious
Artistic	Faithful	Tenacious
Musical	Adaptable	Quick learner
Capable	Competent	Good team player
Reliable	Patient	Good muscle tone
Generous	Knowledgeable	Loving
Sociable	Resourceful	Calm
Determined	Willing	Skilful
Efficient	Dependable	Practical
Organised	Understanding	Jolly
Wise	Supportive	Sincere

*What qualities above can you relate to and add to your list of how awesome you are?*

*What other qualities do you have that you could add?*

*If you have a list of at least 50 things you like about yourself, do you think that might help you grow your sense of self worth?*

*Give your attention to what you DO like about yourself - What we focus on grows!*

