

# POSITIVE QUALITIES RECORD

| Questions                                 | Write down your answers below |
|---|-------------------------------|
| What do you like about yourself?          |                               |
| What positive qualities do you possess?   |                               |
| What skills have you acquired?            |                               |
| What are some of your talents?            |                               |
| What small positives are you discounting? |                               |
| What accomplishments are you proud of?    |                               |

# Tips Positive Psychology

**Ryan M. Niemiec**



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