

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

Scott C. Dulebohn



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