

# MY POSITIVE QUALITIES ARE

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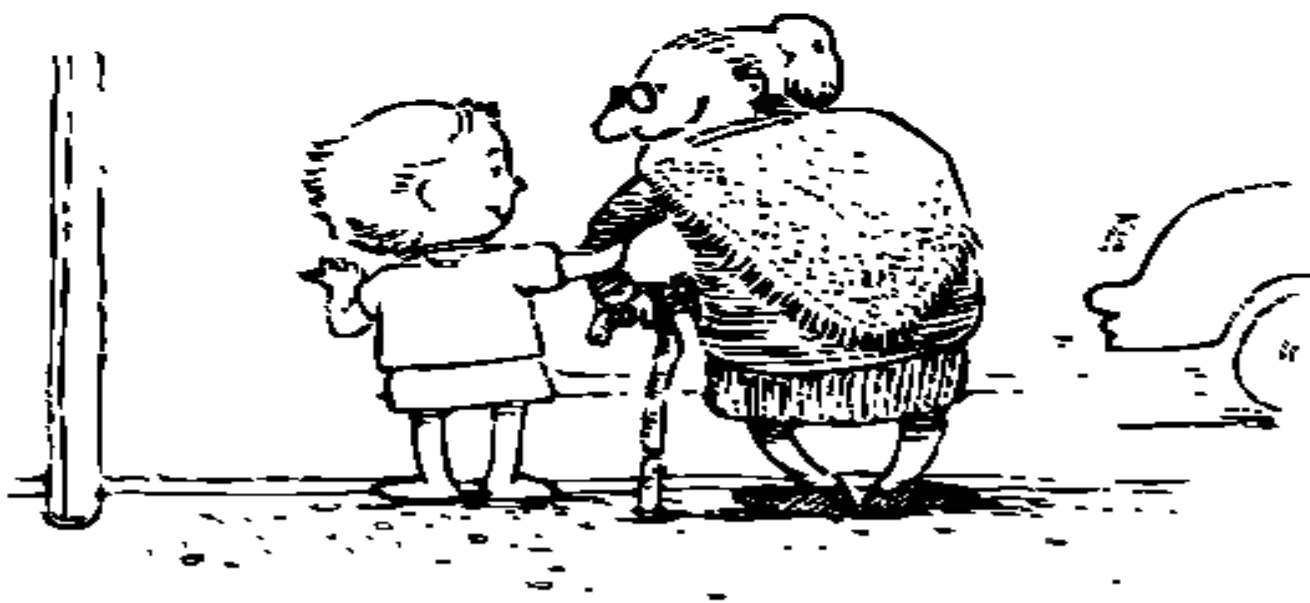
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**EXAMPLES :** I am honest ; I am kind ; I am helpful ;  
I speak the truth ; I am friendly ; I am reliable.



You have lots of good and positive qualities ...this is the time to acknowledge them. There are some examples above to get you started. This is not the time to be shy about acknowledging your good character traits. The good thing about thinking about all the positive qualities about yourself is that when doing this you actually make them shine and blossom even more so. Thinking about all the positives about yourself is how you can build up your belief in yourself as a good and worthwhile person. Add to this list every birthday, then as you go along in life, no matter what anyone else says about you, or does to you, you will have an inner strength of knowingness that you are a good and worthwhile person ...and know that you will always be your own best friend.

I am one of many Seeds for Kids & Teens Self Esteem ...print more at; [www.goodwillpeople.net](http://www.goodwillpeople.net)