

# What Are My Best Qualities?

Each one of us is different.

You are a very special, unique person with many special, positive qualities.

Can you list as many of these as you can below?

There are a few examples to get you started. If you are struggling, ask the adult you are with. Try your best to do this on your own though.

Write all those wonderful qualities down and be proud of who you are!

## Examples:

I am honest.

I am brave.

I make people laugh.

