



YOUR POSITIVE QUALITIES

Here's a great way to quickly change the way you think about yourself. Our natural tendency is to focus on the things about ourselves that we perceive as being negative, so here's a list you can use to focus on the positive.

We all have positive qualities, so take a few minutes and check the ones that are yours. Then keep the list where you will see it so you can focus on being your best. Enjoy!

- | | | |
|--|---|---|
| <input type="checkbox"/> Polite | <input type="checkbox"/> Creative | <input type="checkbox"/> Sympathetic |
| <input type="checkbox"/> Optimistic | <input type="checkbox"/> Cheerful | <input type="checkbox"/> Confident |
| <input type="checkbox"/> Inventive | <input type="checkbox"/> Forgiving | <input type="checkbox"/> Sociable |
| <input type="checkbox"/> Exciting | <input type="checkbox"/> Sensuous | <input type="checkbox"/> Loyal |
| <input type="checkbox"/> Intelligent | <input type="checkbox"/> Loving | <input type="checkbox"/> Spontaneous |
| <input type="checkbox"/> Thoughtful | <input type="checkbox"/> Generous | <input type="checkbox"/> Sense of Humor |
| <input type="checkbox"/> Powerful | <input type="checkbox"/> Caring | <input type="checkbox"/> Fearless |
| <input type="checkbox"/> Practical | <input type="checkbox"/> Devoted | <input type="checkbox"/> Sensible |
| <input type="checkbox"/> Proactive | <input type="checkbox"/> Fair minded | <input type="checkbox"/> Sincere |
| <input type="checkbox"/> Gentle | <input type="checkbox"/> Candid | <input type="checkbox"/> Skilled |
| <input type="checkbox"/> Productive | <input type="checkbox"/> Rebellious | <input type="checkbox"/> Solid |
| <input type="checkbox"/> Professional | <input type="checkbox"/> Philosophical | <input type="checkbox"/> Communicative |
| <input type="checkbox"/> Nice | <input type="checkbox"/> Faithful | <input type="checkbox"/> Helpful |
| <input type="checkbox"/> Quick | <input type="checkbox"/> Cooperative | <input type="checkbox"/> Fast |
| <input type="checkbox"/> Balanced | <input type="checkbox"/> Industrious | <input type="checkbox"/> Responsible |
| <input type="checkbox"/> Achiever | <input type="checkbox"/> Interesting | <input type="checkbox"/> Results-driven |
| <input type="checkbox"/> Knowledgeable | <input type="checkbox"/> Adventurous | <input type="checkbox"/> Results-oriented |
| <input type="checkbox"/> Leader | <input type="checkbox"/> Meditative | <input type="checkbox"/> Self-reliant |
| <input type="checkbox"/> Literate | <input type="checkbox"/> Understanding | <input type="checkbox"/> Organized |
| <input type="checkbox"/> Logical | <input type="checkbox"/> Tenacious | <input type="checkbox"/> Knowledgeable |
| <input type="checkbox"/> Initiator | <input type="checkbox"/> Talented | <input type="checkbox"/> Logical |
| <input type="checkbox"/> Original | <input type="checkbox"/> Reliable | <input type="checkbox"/> Personable |
| <input type="checkbox"/> Outgoing | <input type="checkbox"/> Competitive | <input type="checkbox"/> Pleasant |
| <input type="checkbox"/> Particular | <input type="checkbox"/> Leader | <input type="checkbox"/> Flexible |
| <input type="checkbox"/> Patient | <input type="checkbox"/> Social Consciousness | <input type="checkbox"/> Adaptable |
| <input type="checkbox"/> Active | <input type="checkbox"/> Modest | <input type="checkbox"/> Persuasive |
| <input type="checkbox"/> Positive | <input type="checkbox"/> Courageous | <input type="checkbox"/> Perceptive |
| <input type="checkbox"/> Consistent | <input type="checkbox"/> Enthusiastic | <input type="checkbox"/> Insightful |
| <input type="checkbox"/> Compassionate | <input type="checkbox"/> Enterprising | <input type="checkbox"/> Trustworthy |
| <input type="checkbox"/> Incredible | <input type="checkbox"/> Entrepreneurial | <input type="checkbox"/> Easy going |
| <input type="checkbox"/> Independent | <input type="checkbox"/> Facilitator | <input type="checkbox"/> Good listener |
| <input type="checkbox"/> Integrity | <input type="checkbox"/> Focused | <input type="checkbox"/> Imaginative |
| <input type="checkbox"/> Mediator | <input type="checkbox"/> Genuine | <input type="checkbox"/> Warm |
| <input type="checkbox"/> Emotional | <input type="checkbox"/> Open Minded | <input type="checkbox"/> Ambitious |
| <input type="checkbox"/> Sensitive | <input type="checkbox"/> Wise | <input type="checkbox"/> Diplomatic |
| <input type="checkbox"/> Curious | | |