

Valuing my personal qualities

- How do you know you have the qualities that you have identified?
- Check with someone who knows you whether they share your opinion of your qualities
- Which of your personal qualities do you value the most?

	Personal quality	Why I value this quality in myself	Relevance to other people?
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			