

## My Strengths and Achievements

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Date: \_\_\_\_\_

When you are doing this exercise always think of your job, your relationships, and things you do in your free time.

What good, attractive or desirable qualities do I have?


How am I of value to others?


What have I succeeded in doing in my life? What have I managed to do against all odds? What are some academic or career achievements?


What are some special talents or skills I have, even if I do not practice them?


What are some good or healthy habits I have?


These are some good deeds have I done in your life?


 *Antoinette Camilleri*