



All the things I love... about me!

Complete each of the boxes below. Remember, this is the time to celebrate who you are so be careful not to disqualify or discredit anything that comes to mind.

To get the most benefit from this exercise, take out your journal and write about how and when you have demonstrated each of your strengths and qualities.

Finally, keep this worksheet somewhere accessible so that you can refer back to it (especially on bad days!)

Challenges I have overcome (& what I did to overcome them)

My top strengths



My top achievements





All the things I love... about me!

My core values (What is really important to me?)

My passions and interests (What do they say about me?)

Things I appreciate about my body...



All the things I love... about me!

Qualities that I and/or others love and appreciate about me...

Positive feedback or compliments I have received...

Considering the above answers, what positive statements reflect who I am?

I am...