

POSITIVE THINGS ABOUT YOURSELF

1 A few of your good qualities.

2 10 things that you can do

such as playing a musical instrument or speaking a non-native language

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

3 Describe 3 achievements that you are proud of.

1 _____

2 _____

3 _____

4 2 of your past mistakes and what you have learnt from them.

1 _____

2 _____

5 Describe your weaknesses and think of how to improve them.

These weaknesses should be changeable.
