My Strengths and Qualities

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| **Things I am good at:** |
| **1** |
| **2** |
| **3** |

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| **Compliments I have received:** |
| **1** |
| **2** |
| **3** |

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| **What I like about my appearance:** |
| **1** |
| **2** |
| **3** |

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| **Challenges I have overcome:** |
| **1** |
| **2** |
| **3** |

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| **I’ve helped others by:** |
| **1** |
| **2** |
| **3** |

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| **Things that make me unique:** |
| **1** |
| **2** |
| **3** |

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| **What I value the most:** |
| **1** |
| **2** |
| **3** |

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| **Times I’ve made others happy:** |
| **1** |
| **2** |
| **3** |



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