

IDENTIFYING YOUR POSITIVE ATTRIBUTES

1. Begin to put together a list of your positive attributes. This list may include:

- your strengths
- things that you are good at
- assets
- things that are going well for you
- gifts
- abilities
- things that you are grateful for
- compliments that you have been given
- previous successes
- things you have overcome
- things that you have cared about
- prizes, awards, good marks
- things that you like about yourself

Some people find this difficult to do. If you are finding this to be difficult then you can approach it this way. Try to see yourself the way others see you. For example, how do your good friends see you? What would they say are your strengths, assets, etc.? This may help.

Another way to develop your list even further is to think about people you have

admired or loved. What qualities do you admire in them? What qualities move you to feel affection for them? What makes you really fond of another person? Write down on a list the things that are coming to you. When you have completed the list go through it and ask yourself which of these qualities apply to you. You will likely discover that a number of the qualities you use to describe those you love and admire are descriptive of you as well. Often we admire qualities in others because they are qualities we appreciate about ourselves. Add these qualities to your list of personal attributes.

Now use this list to affirm yourself. You can put your positive attributes on 3 x 5 cards and carry them with you. Or you might want to post them in a prominent place where you can see them often. Take every opportunity you can to remind yourself of these many positive attributes that you have. Continuous reinforcement is critical.

Be sure to keep adding to this list as you think about other positive attributes that you have.

For further support developing you positive attributes come visit a counsellor. Counselling services are available at any of our three campuses. Visit us online for hours and contact information.