

My Positive Qualities

Self-appreciation involves recognizing, accepting, and appreciating the positive things about ourselves - such as our strengths, talents, and achievements.

Whether due to negativity bias or social factors, however, many people tend to dismiss their positive qualities, emphasizing their perceived shortcomings or dismissing the value and worth of their goodness.

By inviting group members to provide a fresh, alternative perspective on each other, this exercise invites participants to explore and recognize their positive personal qualities so they can better appreciate them.

Instructions

My Positive Qualities invites participants to create a “Positive Qualities Inventory” by working through a list of statements regarding themselves together. Twelve example statements are provided.

Sitting in a group circle, members take turns to pick a statement about themselves. Moving around the circle, each of their teammates is given a chance to complete the unfinished statement by identifying a positive quality about that person.

Group size and the number of statements can be adjusted based on the amount of time that is available.

12 Positive Qualities Statements

1. _____ is something I do that brings joy to others.
2. I'm a talented _____.
3. My _____ makes me a great friend.
4. I'm strong because I have _____.
5. Others really appreciate my _____.
6. My _____ is one of my greatest strengths.
7. I should be proud of having _____.
8. My ability to _____ is admirable.
9. When I _____, others smile.
10. By being _____, I make a positive difference in the world.
11. I don't realize how much others appreciate my _____.
12. My _____ is going to help me achieve my goals.