

LOVE  
THE ONE  
YOU'RE WITH

# Identifying YOUR QUALITIES

Sometimes we have difficulty identifying positive things about ourselves. We often see things in others that are a reflection of ourselves. By recognizing how we are like others, we begin to see ourselves more realistically.

Complete the following exercise.



Name three people you admire.

1.	
2.	
3.	

For each person listed above, write three things you like or appreciate about him/her.

1.	
2.	
3.	

1.	
2.	
3.	





# Identifying YOUR QUALITIES

For each person listed above, write three things you like or appreciate about him/her, cont...

1.	
2.	
3.	

Which of these qualities do you share? If you have trouble recognizing the similarities, ask someone who knows you well to help you identify any similarities.



1.	
2.	
3.	
4.	
5.	
6.	

Keep this list somewhere you can refer to it and build on it. Every time you doubt your abilities, use it to remind yourself of your strengths. Also, anything lacking? Identify them and develop in those areas.



learn@sheilaMcoaching.com



@coachsheilaM  
@sheilaMcoaching



Miami, Florida