

Improve Your Self-Worth Through Reflection

List below 5 qualities that you have and that you really value. These are characteristics that make you most proud of yourself. If you've recently experienced an embarrassing event or self-hating thoughts, try to pick traits that speak directly against that experience.

Next, number each of the above according to their importance to you: 1 being most important, 5 being least.

For the two most important qualities above, answer the following:

- Why is this trait important to me?
- How does this quality of mine impact my life?
- In what ways does this quality contribute to my self-image?

1	2
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adventurous, authentic, bright, charming, affectionate, agreeable, ambitious, compassionate, considerate, courageous, diligent, enthusiastic, generous, helpful, inventive, loyal, passionate, reliable, resourceful, sensible, sincere, sympathetic, trustworthy, witty, outgoing, responsible, creative, open-minded, observant