

My qualities

Use this page to help you think about your qualities and how they can benefit you and others. You can either write on this page or download a page to print out from the website.



What do I think my qualities are?

What do my family or friends think my qualities are?

What is my best quality?

What quality would I like to develop?

How could I develop this quality?

“One of the lessons that I grew up with was to always stay true to yourself and never let what somebody else says distract you from your goals. And so when I hear about negative and false attacks, I really don’t invest any energy in them, because I know who I am.”

Michelle Obama, 44th First Lady of America