

# What Are My Qualities?

1. Complete the table, highlighting your qualities.

	Quality	Do I have this quality?	How do I show this quality in everyday life?
1	Cheerful		
2	Helpful		
3	Conscientious		
4	Determined		
5	Adaptable		
6	Honest		
7	Punctual		
8	Resilient		
9	Generous		
10	Kind		
11			
12			
13			
14			
15			

Extension: Add five more of your qualities to the list.

Which qualities would you like to develop, and how might you do this?

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