

Diary of Positive Personal Qualities

Keep a daily log of activities which suggest or confirm your personal positive qualities (personality traits, characteristics, strengths), or times when you've shown or felt a personal positive quality. Write them down! It's easy to dismiss or minimise positives, as we tend to filter out the positives and only notice the negatives. Notice that your mind does that, then write what actually happened.

Examples of personal positive qualities: *kind, gentle, strong, resilient, caring, assertive, hard-working, reliable, honest, practical, responsible, loyal, mature, creative, consistent, appreciative, capable, quick, sensitive, perceptive, patient, thoughtful, fit, trustworthy, shows initiative, motivated, versatile, educated, willing, experienced, efficient, open-minded, logical, serious, supportive, resourceful, realistic, funny, punctual, friendly, humane – and many others!*

Day / Date	What I did	Positive Personal Quality or Qualities What positive quality did I show or feel?