

Alphabet

We've all managed to tear ourselves down but how often do we look to the positive things about who we are? Well this exercise is designed to help you do just that. Using the letters below, try to come up with positive traits about you starting with each letter of the alphabet. For example: W can be used for "Witty".

A

B

C

D

E

F

G

H

I

J

K

L

M

N

O

P

Q

R

S

T

U

V

W

X

Y

Z