



Pretty

Girl Problems

**POSITIVE TRAITS
WORKSHEET**

My Strengths and Qualities

Things I do well

- 1.
- 2.
- 3.

Compliments I have received

- 1.
- 2.
- 3.

Things I like about personality

- 1.
- 2.
- 3.

Things I like about my appearance

- 1.
- 2.
- 3.

Challenges I have overcome

- 1.
- 2.
- 3.

"You have been criticizing yourself for years, and it hasn't worked. Try approving of yourself and see what happens". Louise L. Hay-

