

What are your best qualities?

It has been shown that recognising our own strengths can boost our mental health and increase positivity. However, it can be difficult to know where to start when thinking about our strengths. This quiz is designed to help you recognise your best qualities. Try to put an answer for every question and don't worry about sounding 'big headed'- that's the point.

Circle the word or phrase that best describes you out of each pair.

1. Logical/creative
2. Sociable/independent
3. Opinionated/open-minded
4. Calm/passionate
5. Good speaker/Good listener
6. Hard-working/Intelligent
7. Adaptable/Reliable
8. Authentic/ Compassionate
9. Grateful/ Hopeful
10. Patient/ Confident
11. Forgiving/Resilient
12. Leader/Trustworthy

You can use our affirmation card template to create your own affirmation cards using the words from this activity. You can use these sentence starters:

I am...

I have...

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