Recognizing My Positive Qualities

Circle 10 (or more) of your strongest positive qualities, or write in your own at the bottom! Post this in a prominent place where you live. Begin each day by reading your list and affirming all of your positive attributes.

Able  Accepting  Accurate  Adaptable
Adventurous  Affectionate  Alert  Ambitious
Artistic  Assertive  Broad-minded  Calm
Capable  Candid  Careful  Caring
Cautious  Charming  Cheerful  Childlike
Clear-thinking  Clever  Compassionate  Competent
Confident  Conscientious  Considerate  Cooperative
Courageous  Creative  Curious  Dependable
Determined  Dynamic  Eager  Easy-going
Efficient  Empathic  Energetic  Enterprising
Enthusiastic  Fair-minded  Faithful  Fit
Free  Friendly  Fulfilled  Funny
Generous  Gentle  Glad  Good-natured
Growing  Happy  Healthy  Helpful
Honest  Hopeful  Humorous  Idealistic
Imaginative  Independent  Individualistic  Industrious
Informal  Ingenious  Intelligent  Inventive
Kind  Learning  Leisurly  Light-hearted
Likable  Logical  Lovable  Loving
Mature  Merry  Mild  Moderate
Modest  Natural  Neat  Non-judgmental
Nurturing  Open-minded  Optimistic  Organized
Original  Outgoing  Patient  Peaceful
Persevering  Persistent  Pleasant  Poise
Positive  Practical  Precise  Progressive
Punctual  Quiet  Rational  Realistic
Reasonable  Reflective  Relaxed  Reliable
Reservad  Resourceful  Responsible  Robust
Sexy  Sincere  Sociable  Special
Spontaneous  Spunky  Stable  Strong
Tactful  Talented  Tenacious  Thankful
Thorough  Tolerant  Trusting  Trustworthy
Understanding  Uninhibited  Unique  Versatile
Warm  Whole  Witty  Zany

If you would like to consider Personal Counseling please contact:
Annamaria Silveri, PhD  (313) 993-1459
Rachel Bennett, LMSW  (313) 993-1170

If you would like to make an appointment with the Health Clinic please contact:
Olga Parfenov, FNP-BC  (313) 993-1185

In case of Emergency contact:
UDM Public Safety (313) 993-1123 or 911
or
Henry Ford Hospital Emergency Room – 2799 W. Grand Blvd., Detroit MI 48202