

CHALLENGE TO EXCELLENCE

Take a few minutes to write down your gifts and talents. There are no limits to what you can do; success or failure begins with belief. Therefore, it is necessary to take a good look at yourself in a positive manner. Think about your strengths. What do you like to do, and what you are good at?

What are some things you are good at?

1. _____
2. _____
3. _____
4. _____

What do you put your energy into?

1. _____
2. _____
3. _____
4. _____

What are your strengths . . . your good qualities?

1. _____
2. _____
3. _____
4. _____



What do you LIKE, LOVE, ADMIRE, and RESPECT about yourself?

LIKE - Something you find agreeable, enjoyable, or satisfactory.

LOVE - An intense feeling. A great interest and pleasure. Be fond of.

ADMIRE - Approval. Something regarded as impressive.

RESPECT - High regard. Look up to. Appreciate.

Examples:

1. Things I *like* about myself. I am a good cook, and I have a sense of humor. I like to do water aerobics.
2. Things I *love* about myself. I am caring, friendly, and honest. I love to read.
3. What I *admire* about myself. I always put my family first.
4. What I *respect* about myself. I am a hard worker; I make sure I get the job done.

Your Turn:

1. I LIKE: _____
2. I LOVE: _____
3. I ADMIRE: _____
4. I RESPECT: _____