

EXERCISE: REDEFINING YOUR OWN FEATURES.

We all have qualities we don't like about ourselves. However, sometimes we forget that even these unwanted qualities can be seen in a different light.

For example:

Jealous -> I know what I want for myself.

Timid -> I am cautious and thoughtful.

Pessimistic -> I'm prepared for setbacks.

Unskilled -> I know my target for development.

WRITE YOUR UNWANTED FEATURES IN THE FOLLOWING TABLE.

After that, do a similar redefinition and find out what good lies in your qualities. If the task seems difficult, you can also ask for help from your loved ones or acquaintances.

Unwanted feature	The positive side of the feature
