

EXERCISE: ME AT MY BEST?

1. FIRST, LIST 5 ROLES YOU CURRENTLY HAVE.

For example, brother/ sister, child, friend, neighbour, student, member in a sports club, a person making handicraft, musician... Your everyday roles.

2. THEN LIST DIFFERENT QUALITIES RELATED TO THESE FIVE ROLES WHEN YOU'RE AT YOUR BEST IN THEM.

These questions might help:

- What are my best qualities as a friend/student/child etc?
- Which qualities/abilities/talents I have as a friend/student/child etc that I appreciate?

• If this feels difficult, think about what your family and friends would say if they were asked the same question.

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