

# QUALITIES: OPPORTUNITIES FOR GROWTH & SELF-AWARENESS

YOUR BEST QUALITIES

YOUR WORST QUALITIES

1

1

2

2

3

3

4

4

5

5



Pretend for a moment, you are going to be a new mother or father. Have you ever noticed the ways in which you are like your own parents? For this exercise, you must give your child some of your best and some of your worst qualities. List five of each in the appropriate columns. After you are done, wait for your coach to give instruction on how to select the qualities to give to your child from each column.