



Developing Positive Qualities

Positive qualities are our strengths. They assist us to achieve our goals, develop positive relationships and create new levels of success in our life and work. Our positive qualities also help us to contribute to the lives of other people and society.

A few examples of positive qualities are; courage, empathy and appreciation.

The positive qualities you develop express your values. They open the way for new possibilities to come into your life.

You can develop positive qualities individually and also as a group. This article focuses on developing your individual qualities.

Here is an exercise to assist you.

90-Day Positive Quality Exercise

1. Choose a positive quality you would like to develop during the next 90 days.
2. Write a Positive Quality Statement. This is a Statement about the quality as if you have already developed it and it is assisting you to achieve your goals. A Positive Quality Statement can be one sentence or 2 or 3 paragraphs.

Here is an example.

I am developing the positive quality of courage. Developing courage assists me to share my ideas openly and constructively. This invites other people to share their ideas openly too. Developing courage is assisting me to create positive relationships and new possibilities in my life and work.

3. Make a list of the actions you will take to develop this quality. Take at least one action each day. It is often a good idea to take the same action and additional actions when this helps you to strengthen this quality in your life.

There are inner and outer actions. An inner action reminds you of the quality and the actions you are taking to develop it. For example, you can write the quality (and/or actions) on a notecard and place it on your desk or another place where you see it often during the day.

An outer action is an action you take which gives you the opportunity to develop this quality. For example, you can strengthen the quality of courage through a conversation you have with a friend or colleague by sharing your ideas openly and constructively with them.

4. After 30 days, look at the actions you are taking and your results. Refine your actions when this assists you to strengthen this quality and create positive results in your life and work.
5. Do this again after 60 days.
6. At 90 days, look at your success in achieving your goals and the actions you have been taking to develop this positive quality in your life. Work with the same quality or choose another to work with for the next 90 days.

Developing a positive quality assists you to achieve your goals, create successful relationships and develop new possibilities in your life and work. This helps you to contribute to the lives of other people and society in positive ways.

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