

# Qualities Reflection

Hey y'all, for this activity, I want you to list all the roles you play in your life. For example, brother, soccer player, friend, etc... Next, write qualities that you feel are associated with your role in your life. Remember, there should be multiple qualities for each role and some qualities may cross over into other roles. Listen to the podcast episode, *Personal Qualities* to complete the guide.

Life Roles	Qualities
1:	
2:	
3:	
4:	
5:	