

# My Strengths and Qualities

**Things I am good at:**

1

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2

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3

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**Compliments I have received:**

1

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2

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3

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**What I like about my appearance:**

1

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2

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**Challenges I have overcome:**

1

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2

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3

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**I've helped others by:**

1

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2

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3

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**Things that make me unique:**

1

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2

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3

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**What I value the most:**

1

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2

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**Times I've made others happy:**

1

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2

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3

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