



"What do you love...?"

2. Appreciation Skills

POSITIVE QUALITIES...

To help select your family member's best qualities, you may like to use some of these suggestions:

- | | | | |
|---|---|---|---|
| <input checked="" type="checkbox"/> sincere | <input checked="" type="checkbox"/> honest | <input checked="" type="checkbox"/> spirited | <input checked="" type="checkbox"/> understanding |
| <input checked="" type="checkbox"/> responsible | <input checked="" type="checkbox"/> loyal | <input checked="" type="checkbox"/> team-player | <input checked="" type="checkbox"/> friendly |
| <input checked="" type="checkbox"/> kind | <input checked="" type="checkbox"/> mature | <input checked="" type="checkbox"/> independent | <input checked="" type="checkbox"/> warm |
| <input checked="" type="checkbox"/> trustworthy | <input checked="" type="checkbox"/> dependable | <input checked="" type="checkbox"/> social | <input checked="" type="checkbox"/> respectful |
| <input checked="" type="checkbox"/> good-humoured | <input checked="" type="checkbox"/> considerate | <input checked="" type="checkbox"/> motivated | <input checked="" type="checkbox"/> selfless |
| <input checked="" type="checkbox"/> strong-minded | <input checked="" type="checkbox"/> truthful | <input checked="" type="checkbox"/> creative | <input checked="" type="checkbox"/> helpful |
| <input checked="" type="checkbox"/> forgiving | <input checked="" type="checkbox"/> determined | <input checked="" type="checkbox"/> courageous | <input checked="" type="checkbox"/> inclusive |
| <input checked="" type="checkbox"/> positive | <input checked="" type="checkbox"/> resourceful | <input checked="" type="checkbox"/> adventurous | <input checked="" type="checkbox"/> energetic |

You have many qualities I want to acknowledge. You are:...

Kind - I believe this will support you to be a good friend and help you to make new friends

Helpful - This is a great leadership skill

Courageous - You embrace changes and new experiences.

Confident - This will help you to ask for what you need and to express yourself.

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