



"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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