Positive Qualities Record

If you have low self-esteem or struggle with self-criticism, noticing your positive qualities can be very difficult. The idea that you have positive qualities might not even cross your mind. Receiving compliments might feel painful or embarrassing, and thinking good things about yourself might leave you feeling uncomfortable, exposed, or big-headed.

The truth is, overlooking or ignoring your positive qualities is not only unfair, but can also keep low self-esteem and low mood going. Learning to be more self-accepting (i.e. appreciating your strong points) gives you a more balanced view of yourself and can help counterbalance the self-critical thoughts that undermine your confidence.

Keeping a daily record of your positive qualities can be a great way to notice, appreciate, and believe in your strengths, skills, and talents. With a bit of practice, you will start to notice and accept your positive qualities without much effort at all. You can also use your record as a source of positive memories that you can draw on whenever you feel low, stressed, or unsure of yourself.

Dear **Eliza**

www.deareliza.me

How could this tool help me?

The Positive Qualities Record can help you:

⭐ Recognize and appreciate your positive characteristics.
⭐ Pay more attention to your positive qualities and positive experiences in life.
⭐ Increase your self-esteem and self-acceptance.
⭐ Counterbalance self-critical or pessimistic thinking.
⭐ Strengthen a more positive view of yourself.

How should I use it?

★ What positive qualities should I look out for? Make a list of some of your positive qualities, including the strengths, skills, gifts, and talents you possess. This will help you know what to look out for each day. This list can be as long as you like but try to include at least three positive qualities to begin with.

★ Date. Whenever you notice one of your positive qualities, start by recording the date. This will help you remember where and when you showed it.

★ What happened. Describe the situation where you demonstrated a positive quality — this might be a positive event or interaction you had, or a positive action you took. Make sure your description is detailed enough so that you can easily recall it later on.

★ Positive quality this shows. Describe the qualities this event, experience, or interaction showed in you. If you need some ideas, use your list of positive qualities at the top of the record.

Helpful tips

★ Before you begin, decide how many positive qualities you will record each day. Three is usually a good starting point.

★ Set some reminders to fill in your record throughout the day. For instance, you could use sticky notes or an alarm.

★ Record your positive experiences and personal qualities even if you're not sure they 'count'. The truth is, everything counts, and small experiences add up.

★ Try to set aside any self-critical, pessimistic, or "yeah, but…" thoughts that show up while you complete your log.

★ At the end of each day, read through your record and recreate your positive experiences in your mind as vividly as possible. Let the experience really sink in.

★ Most people find it difficult to identify their positive qualities at first, but it gets easier with practice. Be persistent! :)

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What positive qualities should you look out for?

Choose a few straightforward qualities to begin with (e.g., caring, friendly, creative):
- What do you like or value in yourself, however fleeting?
- What strengths, skills, and talents do you possess, however small?
- What do other people like, value, or compliment you on?

What to collect

Write down anything that shows a positive quality in you.

- If you're not sure whether it 'counts', write it down anyway.
- It doesn't matter how small it is: everything is relevant.
- Ask yourself: "What would someone who cares about me record?".
- Set a target for how many positive qualities you will record each day (three is a good start).

What to avoid

Our minds can sometimes stop us noticing our positive qualities. Watch out for:

- Overlooking your positive data – "I didn't show any positives today".
- Discounting your positive data – "But anyone can do that".
- Distorting your positive data – "They're just trying to make me feel better".

Date	What happened Describe the positive action or experience you had.	Positive quality this shows Describe the positive qualities this highlights in you.
	What did you do that was positive? What did you succeed at or accomplish? What compliments or positive feedback did you get?	What does this experience say about you? What personal strengths does it highlight? What skills or talents does it show you have?