

Positive Traits Exercise Part 1

Film and activity developed by Yin Chang and STRAIN Producers, (C) LeliMelo Productions, Inc

Directions: All of these positive traits are something to feel very proud about. Choose **THREE** positive traits you think best fits **you**. After you have chosen your three traits, repeat these traits to yourself. *Example: I am positive. I am charming. I am reliable.*

- | | | |
|---------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> Adventurous | <input type="checkbox"/> Energetic | <input type="checkbox"/> Mature |
| <input type="checkbox"/> Affectionate | <input type="checkbox"/> Excited | <input type="checkbox"/> Nice |
| <input type="checkbox"/> Ambitious | <input type="checkbox"/> Fair | <input type="checkbox"/> Peaceful |
| <input type="checkbox"/> Attentive | <input type="checkbox"/> Faithful | <input type="checkbox"/> Pleasant |
| <input type="checkbox"/> Bold | <input type="checkbox"/> Fearless | <input type="checkbox"/> Polite |
| <input type="checkbox"/> Brave | <input type="checkbox"/> Fierce | <input type="checkbox"/> Positive |
| <input type="checkbox"/> Bright | <input type="checkbox"/> Friendly | <input type="checkbox"/> Precise |
| <input type="checkbox"/> Brilliant | <input type="checkbox"/> Funny | <input type="checkbox"/> Proper |
| <input type="checkbox"/> Calm | <input type="checkbox"/> Gentle | <input type="checkbox"/> Rational |
| <input type="checkbox"/> Charming | <input type="checkbox"/> Graceful | <input type="checkbox"/> Reliable |
| <input type="checkbox"/> Cheerful | <input type="checkbox"/> Grateful | <input type="checkbox"/> Responsible |
| <input type="checkbox"/> Clever | <input type="checkbox"/> Happy | <input type="checkbox"/> Sharp |
| <input type="checkbox"/> Confident | <input type="checkbox"/> Helpful | <input type="checkbox"/> Smart |
| <input type="checkbox"/> Considerate | <input type="checkbox"/> Honest | <input type="checkbox"/> Sweet |
| <input type="checkbox"/> Courageous | <input type="checkbox"/> Humorous | <input type="checkbox"/> Talented |
| <input type="checkbox"/> Daring | <input type="checkbox"/> Independent | <input type="checkbox"/> Thoughtful |
| <input type="checkbox"/> Decisive | <input type="checkbox"/> Intelligent | <input type="checkbox"/> Trustworthy |
| <input type="checkbox"/> Determined | <input type="checkbox"/> Leader | <input type="checkbox"/> Warm |
| <input type="checkbox"/> Easygoing | <input type="checkbox"/> Lively | <input type="checkbox"/> Wise |
| <input type="checkbox"/> Efficient | <input type="checkbox"/> Loving | |
| <input type="checkbox"/> Encouraging | <input type="checkbox"/> Loyal | |

Positive Traits Exercise Part 2

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Directions: Split into groups of 4-5 people. Choose **THREE** traits for **each person in your group**. All of these positive traits are something to admire and respect. After you have chosen for each person, read the traits to the group and be sure to state who you are talking about. Or you can print out a copy of this page for each person in your group and check off the three traits, then pass the paper to the person in your group to keep.

- | | | |
|---------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> Adventurous | <input type="checkbox"/> Encouraging | <input type="checkbox"/> Loving |
| <input type="checkbox"/> Affectionate | <input type="checkbox"/> Energetic | <input type="checkbox"/> Loyal |
| <input type="checkbox"/> Ambitious | <input type="checkbox"/> Excited | <input type="checkbox"/> Mature |
| <input type="checkbox"/> Attentive | <input type="checkbox"/> Fair | <input type="checkbox"/> Nice |
| <input type="checkbox"/> Bold | <input type="checkbox"/> Faithful | <input type="checkbox"/> Peaceful |
| <input type="checkbox"/> Brave | <input type="checkbox"/> Fearless | <input type="checkbox"/> Pleasant |
| <input type="checkbox"/> Bright | <input type="checkbox"/> Fierce | <input type="checkbox"/> Polite |
| <input type="checkbox"/> Brilliant | <input type="checkbox"/> Friendly | <input type="checkbox"/> Positive |
| <input type="checkbox"/> Calm | <input type="checkbox"/> Funny | <input type="checkbox"/> Precise |
| <input type="checkbox"/> Charming | <input type="checkbox"/> Gentle | <input type="checkbox"/> Proper |
| <input type="checkbox"/> Cheerful | <input type="checkbox"/> Graceful | <input type="checkbox"/> Rational |
| <input type="checkbox"/> Clever | <input type="checkbox"/> Grateful | <input type="checkbox"/> Reliable |
| <input type="checkbox"/> Confident | <input type="checkbox"/> Happy | <input type="checkbox"/> Responsible |
| <input type="checkbox"/> Considerate | <input type="checkbox"/> Helpful | <input type="checkbox"/> Sharp |
| <input type="checkbox"/> Courageous | <input type="checkbox"/> Honest | <input type="checkbox"/> Smart |
| <input type="checkbox"/> Daring | <input type="checkbox"/> Humorous | <input type="checkbox"/> Sweet |
| <input type="checkbox"/> Decisive | <input type="checkbox"/> Independent | <input type="checkbox"/> Talented |
| <input type="checkbox"/> Determined | <input type="checkbox"/> Intelligent | <input type="checkbox"/> Thoughtful |
| <input type="checkbox"/> Easygoing | <input type="checkbox"/> Leader | <input type="checkbox"/> Trustworthy |
| <input type="checkbox"/> Efficient | <input type="checkbox"/> Lively | <input type="checkbox"/> War |