

It might be helpful to remember and think about those things in your life which are your proud and precious moments. Below are some categories which may fit some specific things that you are proud of. First, read the entire list and mark about ten items that could apply to you in some way.

Next, go back over those ten items and pick *three* which apply to you the most. Reflect on the story or situation that is connected with each of the three items that you have selected.

Each of these three items in some way tells you that you are a special person!

1. something that I recently made as a gift for someone special _____
2. my ability to organize my work _____
3. some aspect of last summer's vacation _____
4. my response to the energy crisis _____
5. my use of money _____
6. my family relationships _____
7. what I can accomplish independently of others _____
8. my many good and loyal friendships _____
9. a difficult decision that I have made that required taking a risk _____
10. an athletic accomplishment _____
11. the way I responded to a friend who was in need _____
12. something I did that did not require a great deal of courage _____
13. something wrong that I was tempted to do but didn't _____
14. praise that I received for some special achievement _____
15. my ability to express my opinions even when they differ from others _____
16. my responsibility for making someone else happy _____
17. my good taste in clothes and talent for dressing well _____
18. some difficult skill that I recently mastered _____
19. a long sought after goal that was recently realized _____
20. helping someone through a difficult problem _____
21. something I did to help the pollution problem _____
22. something I did that expressed my honesty _____
23. a time when I asserted real leadership _____
24. the religious beliefs that I live by _____
25. a time when I helped an elderly person _____
26. a talent that I have used successfully and often _____
27. a time when I was especially creative _____
28. a time when it was difficult to forgive a friend and I was able to do it _____
29. a time when I helped my younger brother or sister understand a problem _____
30. my ability to think positively about people and the world _____
31. a conversation when I listened carefully _____
32. something I read recently that required concentration _____
33. a funny thing I did that I am proud of having done _____