

# things I am proud of

- \* An occasion when my good example inspired others to follow
- \* Something I learned recently that helped change my perspective
- \* My discriminating tastes regarding movies or TV
- \* My many good and loyal friendships
- \* My difficult decision within the last year that required taking a risk
- \* A sports accomplishment
- \* The way I responded to a friend who was in need
- \* My nationality and family customs
- \* Something I did that did not require a great deal of courage but is a source of satisfaction
- \* Something I did to help the pollution problem

\* Something I did that expressed my honesty and moral principles

- \* A conversation where I listened carefully and became involved in what someone else was trying to say
- \* Something I read recently that required much thought
- \* An accomplishment that was difficult and challenging
- \* Attention to my family that showed my concern
- \* Something unseemly that I was very tempted to do but did not do
- \* Praise I received for some special achievement
- \* My ability to express my opinions, even when they differ from others'
- \* My responsibility for making someone else very happy
- \* My good taste in clothes and talent for dressing well
- \* Some difficult skill that I learned recently
- \* I realized a long-sought-for goal
- \* Helping someone through a difficult problem

- \* A time when I asserted real leadership
- \* My driving record
- \* Self-discipline regarding my eating and drinking habits
- \* I showed extreme sensitivity to someone else's feelings
- \* I helped someone in financial trouble
- \* I helped a parent and child get together again
- \* I did something about racial and sexual equality
- \* My willingness to participate in the democratic process
- \* The religious beliefs that I live by
- \* I helped an elderly or sick person
- \* A response by me that involved danger and required physical and moral courage
- \* Something that I recently made as a gift for someone, special
- \* My ability to organize my work
- \* Some aspects of my last year's vacation

- \* An inherent talent I have and use successfully very often
- \* Time when I was especially creative
- \* It was difficult to forgive a friend but I did it
- \* An occasion when I was particularly open and honest
- \* It was difficult to tell the truth but I did it regardless
- \* I helped a younger brother or sister understand a problem
- \* A surprise I planned for someone dear
- \* My ability to think positively about people and the world
- \* Something I did that demonstrates my love for nature and beauty
- \* My response to the energy crisis
- \* My savings account
- \* My family
- \* What I can accomplish independently of others