

Things You Are Actually Good At

A short one for writing down what you can do, when none of it comes to mind.

WHEN TO USE THIS

Use this on a day you cannot think of a single good thing about yourself.

This one is hard on purpose. Small counts. Ordinary counts. Take your time with it.

Write down things you are good at. Nothing is too small.

Making people laugh. Showing up. Fixing things. Remembering birthdays.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Who would agree with your list? What would they add to it?

Which one on your list do you use the least these days?

You did not have to earn a place on that list. You were already on it.