



Your biggest fan

It's easy to write a long list of what we don't like about our-self. It ranges from our physical to how we act. "I should...", "I wish I have..." these are the commons. We are always the most critical of ourselves and hardly seems to think good about ourselves. In leading a better judgement on ourselves, take a moment to find some positive attribute we have within us.

Which quality about myself do I admire most? The negative one might be the first we think about, just be mindful. Be patience in listing it out. Reflect on your positive quality which had helped you in your life or create a quality you may want to be. Be your own inspiration.

Which quality in me do I admire most?

Empathetic. Intuitive. Creative. Passionate. Good Listener. Persuasive. Responsible. Leader. Honest. Integrity. Courage. Self Aware. Wholehearted. Authentic. Brave. Decisive. Engaging. Fearless. Goal Oriented. Humble. Inspiring. Knowledgeable. Motivating. Progressive. Reliable. Supportive. Trustworthy. Loyal. Willpower.

