

# My OK Things List

The plan is to spot some OK things about yourself and write them down. Things you did well. Times you were helpful to others. Times you did something even when it was hard. Things you do that people really appreciate. Things you know a lot about. Things you can do easily or quickly. Times when you made a good contribution to a group activity.

It may take a while to come up with good stuff, because you've lost the habit of thinking you're OK. You are, though, so get writing!

Things I like about me

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