

Circle 10 (or more) of your strongest positive qualities, or write in your own at the bottom! Post this in a prominent place where you live. Begin each day by reading your list and affirming all of your positive attributes.

Able	Accepting	Accurate	Adaptable
Adventurous	Affectionate	Alert	Ambitious
Artistic	Assertive	Broad-minded	Calm
Capable	Candid	Careful	Caring
Cautious	Charming	Cheerful	Childlike
Clear-thinking	Clever	Compassionate	Competent
Confident	Conscientious	Considerate	Cooperative
Courageous	Creative	Curious	Dependable
Determined	Dynamic	Eager	Easy-going
Efficient	Empathic	Energetic	Enterprising
Enthusiastic	Fair-minded	Faithful	Fit
Free	Friendly	Fulfilled	Funny
Generous	Gentle	Glad	Good-natured
Growing	Happy	Healthy	Helpful
Honest	Hopeful	Humorous	Idealistic
Imaginative	Independent	Individualistic	Industrious
Informal	Ingenious	Intelligent	Inventive
Kind	Learning	Leisurely	Light-hearted
Likable	Logical	Lovable	Loving
Mature	Merry	Mild	Moderate
Modest	Natural	Neat	Non-judgmental
Nurturing	Open-minded	Optimistic	Organized
Original	Outgoing	Patient	Peaceful
Persevering	Persistent	Pleasant	Polite
Positive	Practical	Precise	Progressive
Punctual	Quiet	Rational	Realistic
Reasonable	Reflective	Relaxed	Reliable
Reserved	Resourceful	Responsible	Robust
Sexy	Sincere	Sociable	Special
Spontaneous	Spunky	Stable	Strong
Tactful	Talented	Tenacious	Thankful
Thorough	Tolerant	Trusting	Trustworthy
Understanding	Uninhibited	Unique	Versatile
Warm	Whole	Witty	Zany

Write in your own here:

If you would like to consider **Personal Counseling** please contact:

Annamaria Silveri, PhD (313) 993-1459

Rachel Bennett, LMSW (313) 993-1170

If you would like to make an appointment with the **Health Clinic** please contact:

Olga Parfenov, FNP-BC (313) 993-1185

In case of **Emergency** contact:

UDM Public Safety (313) 993-1123 or 911

or

Henry Ford Hospital Emergency Room – 2799 W. Grand Blvd., Detroit, MI 48202