

You are Unique

1. List up to 8 qualities, talents, aptitudes, abilities, strengths, resources, that you feel you have:

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2. Select from this list the characteristic that makes you unique and gives you confidence.

Argue if you wish:

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3. Name a moment, a situation or an achievement of which you are proud:

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4. Which of your skills or qualities are regularly positively qualified by those around you?

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5. What are the values that drive you and that you transmit?.....

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