

Focus on what you are

Use this template to focus on positive aspects of yourself and what you have accomplished. Push aside the negative self-talk and thoughts of all the things you are not. It can be difficult for us to focus on our positive attributes outside of resumes and interviews, but we shouldn't only talk positively about ourselves when we are trying to impress or convince others.

Think of the things you like about yourself and what you have done that makes you proud. You deserve to see and acknowledge the good in yourself and all you have done.

Five skills you have

Five positive traits you have

Five accomplishments
