What I Love About Me:
A Personal Reflection Guide

Many of us feel uncomfortable reflecting on our gifts and contributions to this world. This sheet is designed to help you in that process. Fill in the hearts as guided then keep this sheet nearby. It is not proud to honestly assess the positive parts of your makeup. In fact, too much self-deprecation is a form of pride as well. I would love to hear something about how this exercise helped you celebrate - YOU! Let me know via BethBeutler.com/contact

What three words would your friends use to describe how you benefit their lives?

What are you good at in your job?

What would someone miss if you weren't part of their life?

What hobby do you feel you bring some natural gift or talent to?

What are two accomplishments or traits that you are proud of?

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