

# MY GIFTS AND QUALITIES

This exercise will focus on who you are inside. This activity is for both Bigs and Littles.

The first step is identifying the gifts and good qualities that you feel you have. Change the color of the gifts and good qualities you believe you have to your favorite color. Next pick the good gifts and qualities your Big or Little have by changing the color of the quality to their favorite color. Do this part without sharing your answers. Write why you chose each gift or quality and give examples of how these qualities fit you. There is also space at the end of this page to write down a few qualities or characteristics not already listed, be creative if they think some of your good qualities are missing.

Now, share with your Big or Little what ones you picked and why

Caring	Patient
Generous	Good Listener
Brave	Good sense of humor
Funny	Loyal
Confident	Hardworking
Artistic	Kind to People
Fun	Honest
Helpful	Good Friend
Athletic	Glad
Musical	Reliable
Thoughtful	Enthusiastic
Joyful	Calm