

Transcript

Template 2 – PE[A]CE – Attribute

So, for the element **Attribute**, we focus on anything that may be positive about you.

So positive attributes, also called assets, anything that is good, strong or positive about you.

There is a list of words that is provided to help you identify what may be your positive attributes, or assets or qualities. So with this list, you can look at what word may define you or may pertain to you. So you can look at the list and choose some of the words that may be very relevant to you and use them to enter under the column **Attribute**.

So it may be a quality such as being kind, being intelligent, being strong, being creative.

It may be anything that you have done or achieved: education, getting degrees, creating a company or having a family. Anything that you have done that is positive.

It can be any talent that you have for sports, for arts, music, anything.

Or it can be anything positive from your background: where you come from, your family... anything strong.

So it's really anything that is very strong about yourself.

So what you do on the template is that you start listing all of these. At least five, but more is also good. And this way, you will start to be aware of yourself from your strengths, from your qualities, from anything positive about yourself, which is very important because the more we live from our assets, the happier we are.

So that's how you use this template under the column **Attribute**.

Once you have done that, then you proceed with the next column, which is specifically **Care**.