

# **"BECOME AN AWESOME PARTNER" SERIES**

## Identifying & Evaluating Your Own Self-Concept

**These are my attributes (qualities/personality traits)  
and the evidence that proves I have them.**

**Example:**

*Caring*

**Behavioral Evidence**

*I would do anything for a friend in need.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**These are positive attributes I would like to have more of  
and the evidence that proves I still don't have them completely.**

*Patience:*

*I still get antsy way too often.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**These are attributes I don't have and am glad I don't have,  
along with the evidence that proves I don't have them.**

*Cruelty:*

*I wouldn't physically hurt anyone or anything.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_