## TOP 3 ©Training Services (UK) Ltd

For each of the following topics list the top 3 things:

**I am :**

1               Good at

2               Bad at

3               Proud of

4               Not proud of

5               Not going to change

6               Wanting to change

**I really dislike about:**

7               My life

8               Me

**I really love about:**

9               My life

10             Me