**Think About It …**

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| Something I do well is … | A strength I have is … |
| When I get angry, I cool off by … | A situation where I helped someone is … |
| One good quality I have developed over the years is … | People like it when I … |
| My favourite hobby/pastime is …  | I help others when I … |
| Something that makes me feel hopeful is … | When I feel down, I cheer myself up by … |
| Something that I am learning is …   | Something that I would like to learn is … |
| I like myself best when … | Since I have been unemployed I have more time to … |
| One thing I miss about working is …  | One positive thing about working is …  |

Note: These materials have been developed and adapted from a range of sources for the purpose of the Bruce County Job Search Club.