

My comment on Robert's blog "Praise the Lord", regarding creating a list of my personal pros and cons:

"In approaching this exercise of listing my "pros and cons" with open and honest intention, I found myself saying "Hey, okay!" and "Well..., hey; okay...."

"I think I'll print out a few copies and stick them up around the house as gentle reminders.

"Next, open and honest follow-through."

This is what I came up with yesterday:

The Pros and Cons of me

What's good about me?

Kind-hearted
Self-sacrificing
Compassionate
Creative - poetic
Empathetic
Love family and friends
Dedicated
Hard-working
singer/songwriter
Self-expressive
Love God
Love Earth and nature

What are my challenge areas?

lustful
selfish
shy, withdraws/introvert
lazy tv boy
secretive, don't share my talents
self-worth/esteem/confidence
hard for me to say "no"
hard for me to stand up for myself
"poor little me"
procrastination
dishonest with myself
"lonely"