

My Positive Sense of Self



My friends describe me as...

I am proud of myself for...



I feel happiest when...

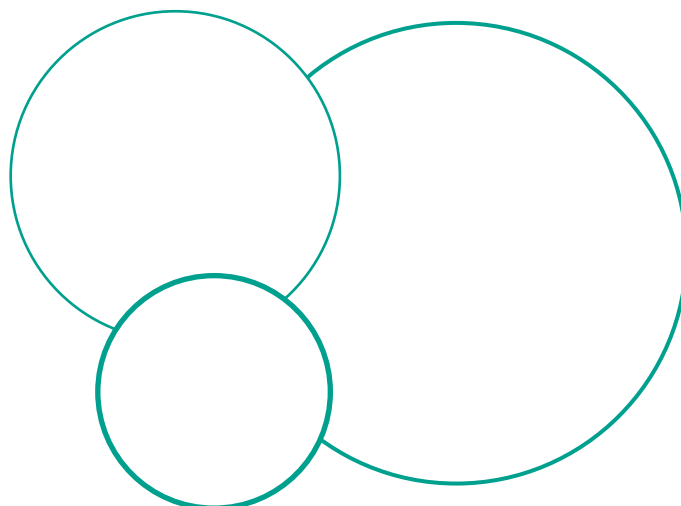


My favourite place to be is...

My favourite place makes me feel...

The special people in my life are...

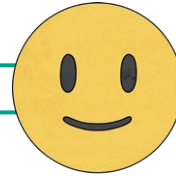
- _____
- _____
- _____



My talents are...



I am brave when...



I help others by...



My 3 best qualities are...

1.

2.

3.

1

2

3

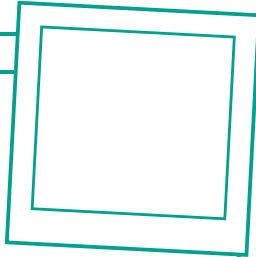


I am learning to...

I am focusing on...



My goal is...



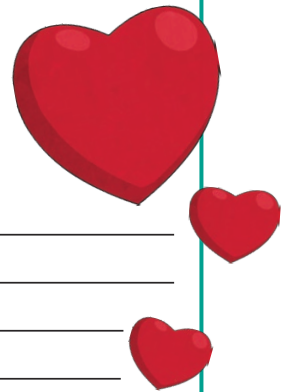
I help people to feel happy by...



My best achievements are...



I value myself because...



I am kind to myself when...

