



How I see myself

Write or draw what you think in each of the circles. Some word examples are on the back. Write what first comes into your head.

There is no right or wrong answer, everybody is different and that is what makes us unique!

How my friends see me

How my family see me

1. Now circle three things what you are most proud of
2. Circle three things that make you unique
3. Cross out three things you would like to change

Brave	Strong	Unconfi- dent	Clever	A carer	Bubbly
Fun	Stubborn	Busy	Helpful	Mischie- vous	Energetic
Happy	Shy	Excited	Lonely	Cheeky	Organis- er
Sad	Loud	A good friend	Worried	The joker	Bossy
Angry	Confident	A good listener	A sibling	Hard worker	Hidden

Think

What are you most happy with?

What did you cross out and want to change?

What would your family think if you changed these things?

What would your friends think if you changed these things?

How would you feel if you changed these things?

If you still want to change, write down 3 ways you can do this

- 1.
- 2.
- 3.

Who can help you?

Remember—You can ask your school for any places you can go for help if needed. There are Youth services, online places or your people you know available to you. You just need to ask.

