

My Positive Sense of Self



My friends describe me as...



I am proud of myself for...

I feel happiest when...

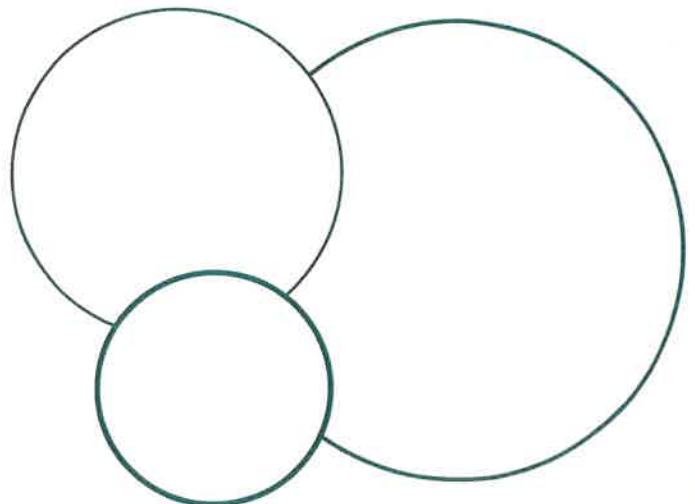


My favourite place to be is...

My favourite place makes me feel...

The special people in my life are...

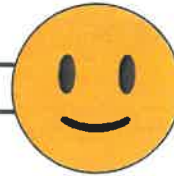
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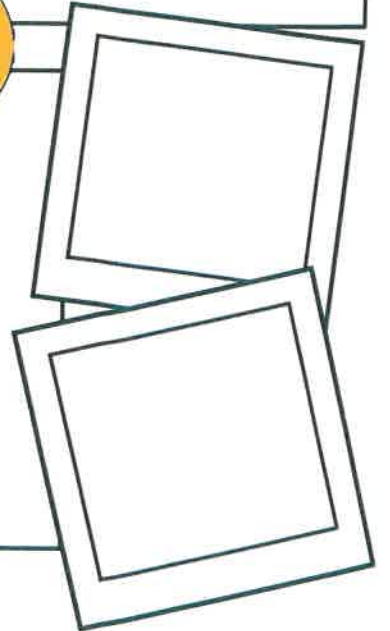
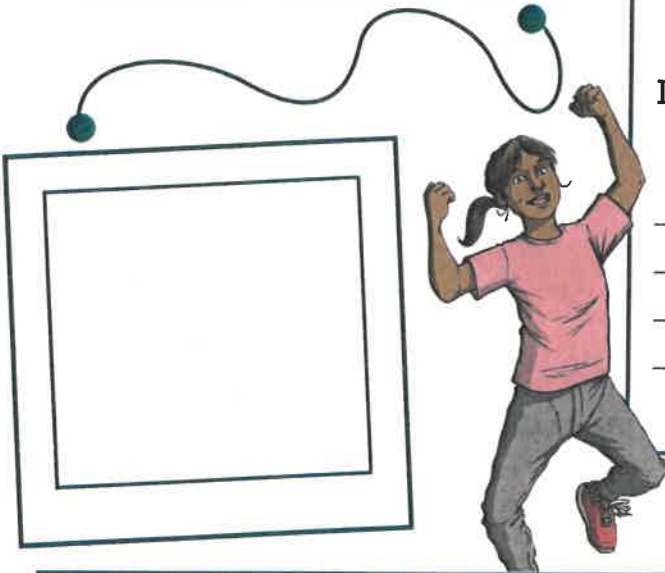
My talents are...



I am brave when...



I help others by...



My 3 best qualities are...

1. _____
2. _____
3. _____

Three vertical, rounded rectangular boxes for writing, each with a small tag at the bottom containing the numbers 1, 2, and 3 respectively.

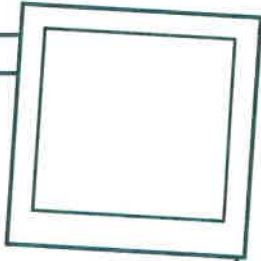


I am learning to...

I am focusing on...



My goal is...



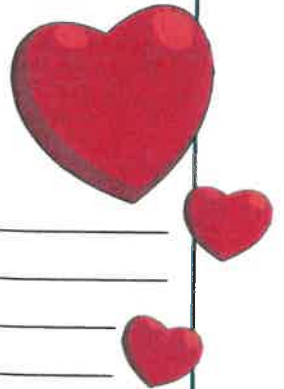
I help people to feel happy by...



My best achievements are...



I value myself because...



I am kind to myself when...



