

About Me

This is a simple way of realising all the things you actually like about yourself and that you are proud of.



Relationships



15 Minutes



Starter

I was really happy when:

My friends & family like me for:

I am very proud of:

At work, I am very good at:

Something that makes me really unique:

Full Instructions

1. Complete the sentences.
2. While it might feel silly at first, try to think hard and write down everything that comes to your mind.
3. Store the sheet somewhere you can easily access it, for example in your handbag or bedside table.
4. The next time you feel bad about yourself revisit your answers.