

All about me!

When we have problems in our lives or things aren't going too well for us we can feel pretty rubbish about ourselves.

Try to write down some good things about yourself.

Remember- if other people do not behave well then it is **NOT YOUR FAULT!!!**



A time when I made someone happy



Something I have achieved



Something I enjoy



A compliment I have received



Something that makes me special



Something I want to achieve in the future



A challenge that I have overcome



Something good about me

Have a look at the words below -
tick any of them that could be used to describe you.

BRAVE

FUNNY

GOOD LISTENER

KIND

GOOD FRIEND

STRONG

LOVING

FRIENDLY

FUN LOVING

CARING

APPROACHABLE

SENSITIVE

DETERMINED

AMBITIOUS

SPORTY

CLEVER

LIKEABLE

UNIQUE

THOUGHTFUL

RESILIENT

CHARMING

POSITIVE

JOYFUL

PEACEFUL

CALM

COURAGEOUS

HUMBLE

HONEST

LOYAL

RESPECTFUL

FAIR

ENTHUSIASTIC

ORGANISED

RESOURCEFUL

SYMPATHETIC

PRACTICAL

ENERGETIC

CREATIVE

FORGIVING

IMAGINATIVE

WITTY

WISE

ARTICULATE

DETERMINED

Remember - even when life is a struggle and we feel helpless, there are
always things about us that are positive and worthwhile 😊