

This is me and who I am...

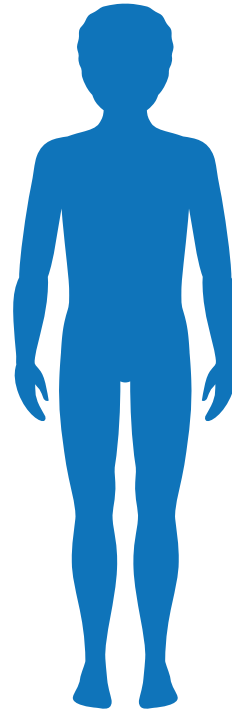
It is important to take time for you and to reflect on who you are. This sheet will give you a chance to get to know yourself a little better. In a busy world we have no time for this. Think about what you would like people to know about you and then write it down. If you want to, you can share it with people who are close to you or with your teacher.

Three things that make me happy

My favourite subject at school

Three things that are important to me

My hobbies/interests



Three things I dislike

My least favourite subject at school

When I feel stressed or anxious I need

Something you may not know about me is

My hopes for the future are

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Draw a picture of yourself

Three things I dislike

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My least favourite subject at school

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