

Who am I?

It can sometimes be difficult to recognise who we truly are. However, this is an important part of accepting ourselves and treating ourselves with kindness. Fill out the prompts below with the first thing that comes to your mind.

I...

Love (my Mum).....

Like to (watch TV).....

Don't like to (play videogames).....

Like to eat (sweets).....

Don't like to eat (rice).....

Am sad when (I argue).....

Am happy when (I play with my brother).....

Look forward to (visiting Grandma next week).....

Now think about all these great parts of who you are and the qualities you possess. You can also use these prompts to find out more about the people who are closest to you.