

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 am a person who...

Loves.....

Wants to.....

Has the goal of.....

Is inspired by.....

Is happiest when.....

Gets disappointed when.....

Wishes I could.....

Believes in.....

Will one day.....

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.