

COMPLETE THESE SENTENCES 4

My favourite..... is

If I could have one wish, it would be

I'm happiest when I.

I feel most important when I

One question I have about my life is.

One thing I most want to do is

I am

I want to be

I used to

I don't like to

When I feel sad, I

When I get scared, I

I get scared when

I do my best work when

My body is

Fill in your answers for each statement. There are no right or wrong answers, so just write in the first things that comes to you. When you have filled in all the spaces you will know some things you value and some things that you can feel proud about and things that can even help to understanding yourself more. These things will support you to feel confident and will help you to be true to yourself without comparing yourself or needing to please others to feel accepted...and together these things will help you to be the best friend anyone can have because the ways we feel about and treat ourselves often show up as how we treat others....so you will be a real good friend. I am one of many Seeds for Children's Self Esteem ...print more at; www.goodwillpeople.net