



DRAW OR WRITE IN EACH SECTION:

1. Your greatest personal achievement. 2. Your family's greatest achievement.
3. The most significant thing in your primary school life. 4. Something you want to do in your life. 5. Your happiest moment in this last year. 6. Something you are good at. 7. If you died today, what are 3 words you would like to be said about you?

This will be your Coat of Arms.... Your Personal Crest.... After you have filled in the spaces, this is something to pin up in your private space as a reminder of some things you can feel proud about, some of your values and reasons why you can have confidence in yourself plus some things that are meaningful for your life ahead. Do not be over modest with your self appraisal, for this is not the time for that. This Personal Coat of Arms will become something for you to reflect on and draw strength from during any turbulent times, this is why pinning it up can be useful. I am one of many Seeds for Kids & Teens Self Esteem ...print more at: www.goodwillpeople.net