

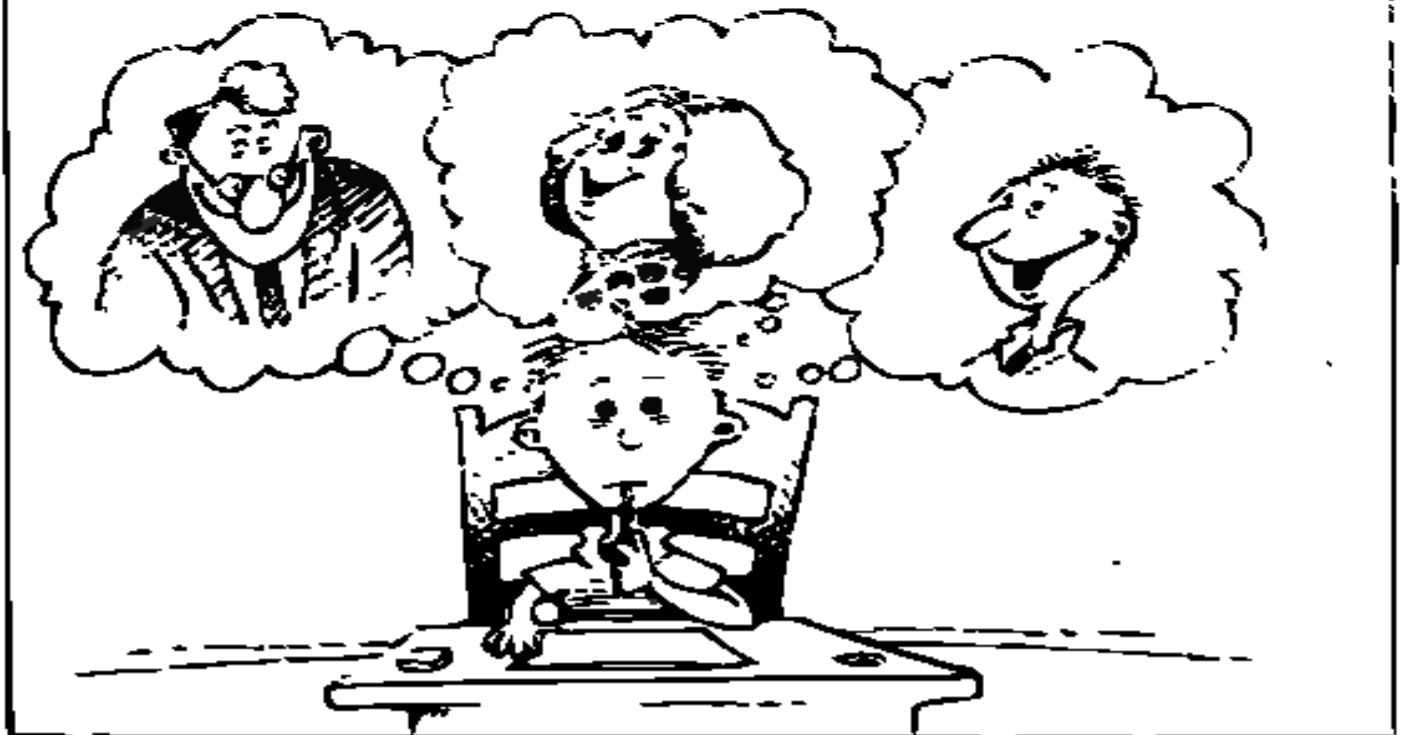
LIST 3 PEOPLE YOU REALLY LIKE AND FILL IN AT LEAST 2 NICE THINGS YOU LIKE ABOUT EACH PERSON

PERSON'S NAME

NICE THINGS I LIKE ABOUT THEM

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IF YOU WANTED TO BE LIKE THESE PEOPLE, WHAT WOULD YOU NEED TO DO?



Think about the 3 people you really like the most and work out what it is that makes you like these more than other people you know. To help with this, think back over the times when you have been with these people and what they were like in different situations. Think of what they were doing when you felt nice friendly feelings towards them.....these will be the clues for the nice things to write in about them. Supposing you wanted to be like these people in those same ways that you like about them and think of what you would need to do, or how you would need to be for others to say that you have those same nice things as the people you like. Write in your answers and then consider if these are some goals you can think about setting for yourself.