

All About Me

You are more than one thing.

This is your space to reflect on who you are, what matters to you and what you want your future to look like.

You are enough just as you are. You are allowed to grow, change and be proud of your journey.



This is me!

Draw a picture or create a collage that represents you.



A few of my favourite things



Colour: _____



Film / Series: _____



Food: _____



Book: _____



Song / Artist: _____



Hobby / Activity: _____



Why I like these: _____



What matters to me

Tick or add your top 5 values.

- | | |
|---------------------------------------|---|
| ☐ Honesty | ☐ Equality |
| ☐ Kindness | ☐ Ambition |
| ☐ Respect | ☐ Adventure |
| ☐ Loyalty | ☐ Health |
| ☐ Creativity | ☐ Learning |
| ☐ Independence | ☐ Freedom |
| ☐ Family | ☐ Helping others |
| ☐ Friendship | ☐ Other: _____ |



My strengths

What are some of your strengths or positive qualities?

- _____
- _____
- _____
- _____
- _____



Remember: You have strengths even when things feel tough.



My goals and dreams

What are some things you'd like to achieve?

- _____
- _____
- _____



Big or small, your goals matter.



Things I want people to know about me

What do you wish others understood about you?



People who are important to me

Write the names of people who support you and why they are important to you.

- _____
- _____
- _____
- _____



When I need help

It's okay to ask for help.

Who can you talk to when you feel stressed, worried or overwhelmed?

Write their names and how they can help.

Name

How they can help

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



You are unique. You are valued. You are enough.



Your story matters.

