

KNOW YOURSELF

For once, sit with yourself and get in touch with the real you.

My Name is

My association with my name

I was given my name by

I was given my name because

Nicknames I've had

My favourite nickname

My associations with my nickname



The nickname I liked least

The colours I see in my name

Myself over time:

At 4 I was

At 10 I was

At 15 I was



At 18 I was

Now I am

In a year's time I will be

The most important moment in my life so far



When I was a child

My favourite game was

My best friend was

My favourite teacher was

My favourite holiday was

My father was

My mother was



Favourites

My favourite food is

My favourite kind of person is

My favourite kind of clothing

My favourite kind of music

Favourite things I like to do alone

Favourite things I like to do with others



Favourite things I like to do sometimes

Favourite things I like to do often

I feel...When...

I feel angry when

I feel happy when

I feel relieved when



I feel supported when

I feel not alone when

I feel I am able to cope when

I feel stronger when

I feel ashamed when



I feel confused when

I feel like crying when

I feel I am able to cope when

I feel lonely when

Values

I like



I love

I hate

I admire

I appreciate

I am proud of



I feel concerned when

Love is

Happiness is

Being a woman/man/non-binary gender is

Hospital is



Health is

Death is

Status means

Money means

Changing the perspective

I should



I need

I can't

I could

I will

I want



I won't

I choose to

Words about me

.....able

.....full

.....ist

Needs

I put myself first when



When I put myself first

I put.....first when....

When others do not consider my needs I

