

# All about me

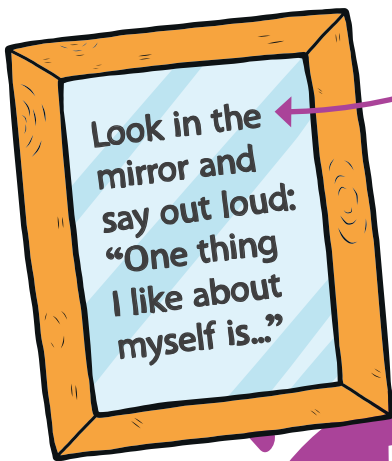


*Bet you're thinking:* I already know and understand myself, *right?*

That's probably true, but it's good to stop and 'check-in with yourself' from time to time, too...

- What do you like about yourself?
- What would you like to get better at?
- How good are you at recognising and understanding your feelings?

Try this...



And then...

List **FIVE** of your good points or strengths!

*How easy or hard was that?*

Remember...  
**YOU** are amazing!