

Name: _____

Date: _____

What I love about myself: _____

One of my goals is: _____

I am happy because: _____

Something that recently made me mad: _____

I am excited about: _____

I get sad sometimes because: _____

I am proud of: _____

If I could make a wish, it would be: _____

I admire: _____

One kind thing I've done is: _____

People can trust me because: _____