



Checklist

Put a ✓ next to the statements you believe are true about you and put a X next to the statements you think you need to work on 😊

- I like and accept myself
- I am kind to myself and don't put myself down when I make a mistake
- I know what my strengths are, but I don't boast about them
- I believe I matter and should be treated well by others
- I take care of myself and protect myself from harm
- I don't compare myself to anyone else – I don't think I am better or worse than anyone else
- I am proud of the respectful and kind way in which I treat other people