

# WHO AM I?

Use the following blank graphic of **Who Am I?** to start thinking more positively.

In this approach you print the outline of the shield divided into quarters on a piece of paper.

Think about you see yourself and, in each quarter, write down:

- The things you like or are good at.
- The things that are important to you.
- What you like about yourself.
- What other people like about you.

Identifying these things help to answer the question “Who am I?” and can help you focus on the positives.

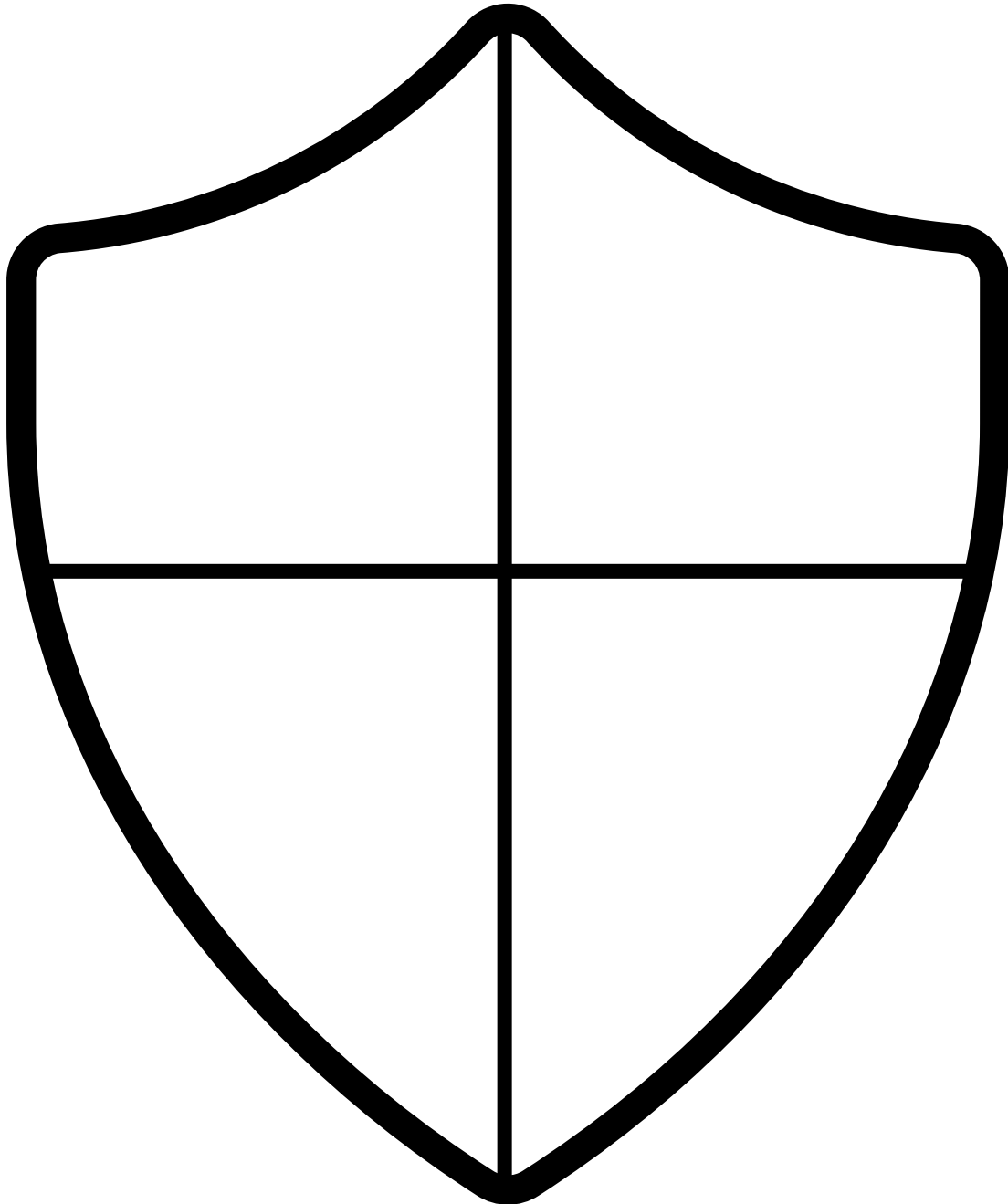
The next step is to ask “Why?”. For example:

- Why do you like this thing? Why are you good at this thing?
- Why is this thing important to you?
- Why do you like this thing about yourself?
- Why do other people like this thing about you?

This process is self-reflection through which you grow your understanding of yourself.

Things I like or I am good at.

Things that are important to me.



What I like about me.

What others like about me.