

# What I like about me



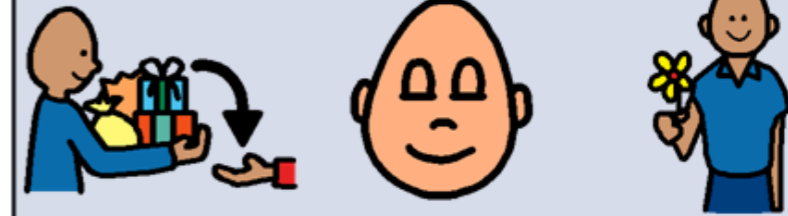
What I look like

Write or draw what you like about how you look. For example, you might like your eyes, or the shape of your nose or legs.



My Abilities

Write or draw what you like about what you can do. For example you might be good at painting or baking.



My Personality

Write or draw what you like about who you are. For example you might be helpful or caring or patient.

If we don't like ourselves, we can find it hard to believe that others might like us.

We spend more time with ourselves than we do with anyone else.

It is important that we learn how to like ourselves.

Accepting and admitting what you like about yourself, can help you when life is hard.

