



I am strong. I am brave. I am happy. I am smart. I am beautiful. I am calm. I am loved. I am safe. I am liked. I have friends. I am kind. I am gentle. I am talented. I am honest. I am important. I am relaxed. I am creative. I am unique. I am helpful. I am courageous.







Choose six positive affirmations that best describe you.









#### at school;



#### in your community.



Think about four occasions you have shown strength in some way. Remember we all have inner strength as well as physical strength.

1.	
-	
4.	

Do you think we should always remain strong and never show weakness? Reflect and record your personal thoughts in the thought bubble.



### I am brave.

Write as many words as you can that are associated with bravery.



#### When have you shown bravery?

1.	
4.	

## I am kind.





# I will achieve my dreams.

What is your dream for the future?

Draw your future self.



In each star write a target that will help you achieve your dream.

