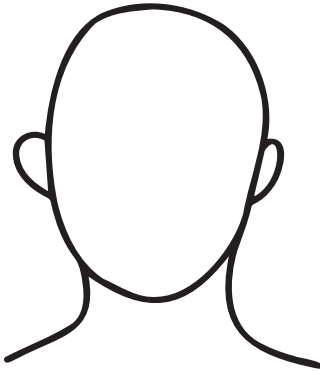


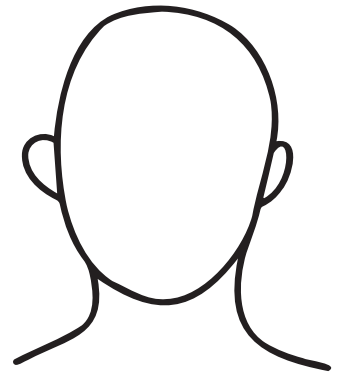
ME

Who are you? What makes you...you? The things that happen in your life can impact how you feel about yourself or how you grow and change as a person. Change is normal and you should get to know and love yourself for what makes you...you. Use the templates below to document who you are and how you feel about yourself or your life over time...values, interests, skills, appearance etc.

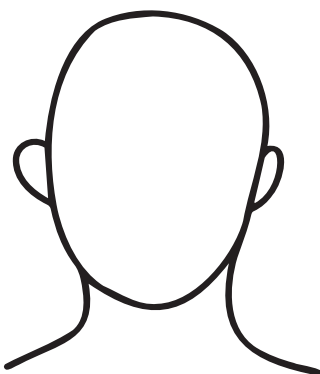


TODAY I AM...

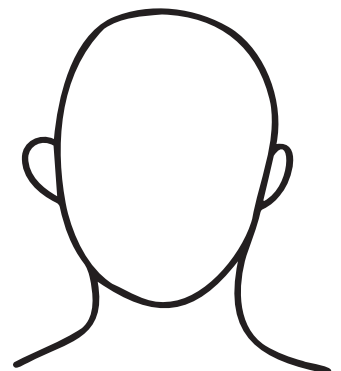
TODAY I AM...



TODAY I AM...

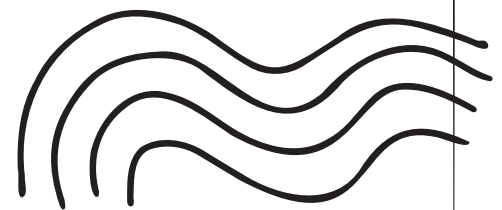
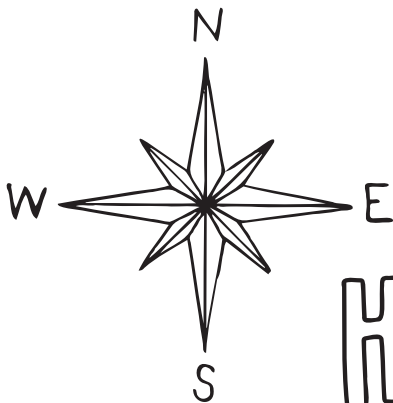
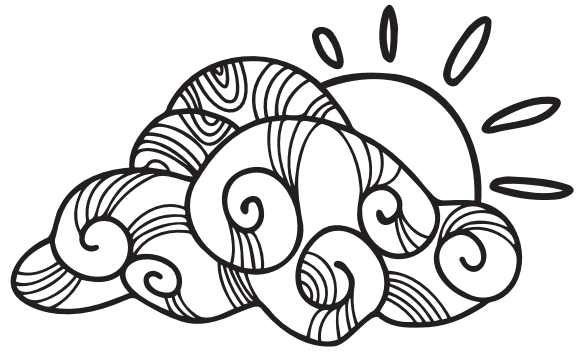


TODAY I AM...



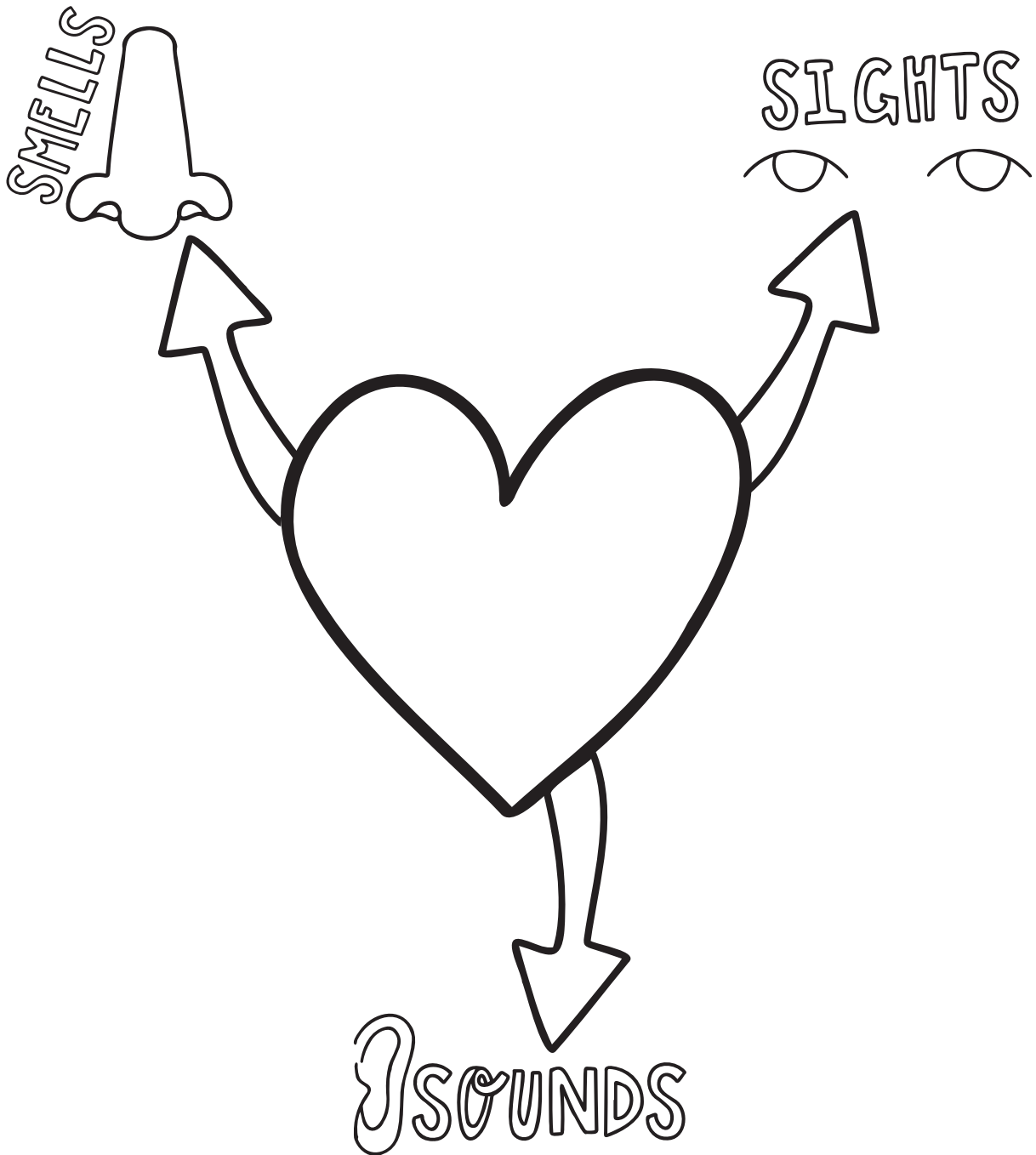
TIME
SOUNDS
SMELLS
SIGHTS

Draw or write about
your happy place here...

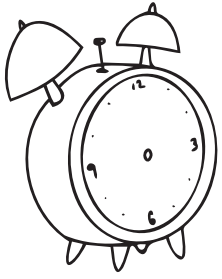


HAPPY PLACE MAP

THESE THINGS ARE
* IMPORTANT TO ME *



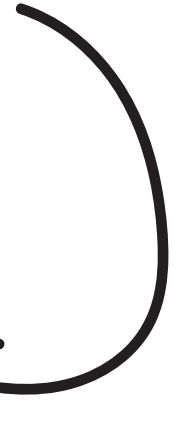
Routine is important...what does your routine look like?



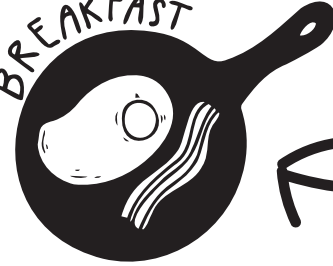
SET AN ALARM



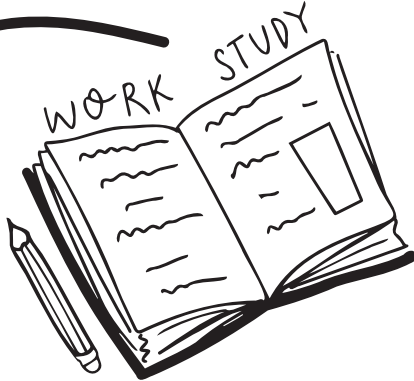
GET WASHED & DRESSED



BREAKFAST



WORK STUDY



Take a break



WORK STUDY



LUNCH



WORK STUDY



EXERCISE



DINNER



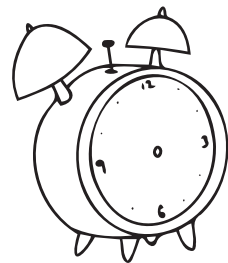
VIDEO CALL



LEISURE



WASH



GO TO SLEEP

