



My Personal Growth



My Name is: _____

Today is: _____

I believe in myself when _____

I feel proud of my achievements when _____

I feel valued when _____

Being listened to makes me feel _____

I am in a good mood when _____

I feel safe when _____

Trying new things makes me feel _____

Talking to adults makes me feel _____

I grow more confident when _____

When I make mistakes, I _____

I learn by _____

I solve problems by _____