

I am...

Name/Nickname:

Passionate about... e.g. feminism	My spark/s... e.g. singing	My good qualities are... e.g. I care for people

My strengths... e.g. I stand up for what I believe in	My goals... e.g. be a motivational speaker	I'm grateful for... e.g. my family

My triggers... e.g. rudeness	When I'm triggered I... e.g. I fight/get defensive	My weaknesses... e.g. I procrastinate a lot

My anthem/s... e.g. Mothers Daughter Miley Cyrus	My idol/s... e.g. Maya Angelou, Nelson Mandela	My motto... e.g. treat others the way <i>they</i> want to be treated

I am loved by as I am.

I am going to...

Keep doing... e.g. eating healthy	Stop doing... e.g. procrastinating from exercise	Start doing... e.g. waking up earlier

“If you’re always trying to be *normal*, you will never know how **amazing** you can be”

- Maya Angelou