EXERCISE: Take a minute to think about answers to these questions. Complete the sentences:

My favourite place to be is ________________

My favourite movie is ________________

My favorite holiday is, and why? ________________

What is something you have done that made you proud of Yourself? ________________

Who do you admire or look up to?

What makes you angry? ________________

What makes you happy? ________________

What are you afraid of? ________________

When I am sick I like ________________

Name 3 things that make you feel good: 1. ________________ 2. ________________ 3. ________________

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