



My Feelings And Thoughts

Take some time to think about **YOURSELF** and your feelings. What makes you feel good? What makes you feel bad? Knowing yourself can help you make good decisions about your future.



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. _____

