



WHAT DO I THINK ABOUT ME?

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What do I think about me?

and what can I change?

My name is _____



What do I think about me?



The way I look

The things I like about the way I look

The things I would like to change

Underline the things that could be changed in green and the things that can't be changed in red. For example you can change the length of your hair but you cannot change your eye colour.

What do I think about me?



The way I act or behave

The good things that I do

The things I would like to change

Underline the things that could be changed in green and the things that can't be changed in red.

What do I think about me?



The way I feel

The good feelings that I have

The feelings I would like to change

Underline the things that could be changed in green and the things that can't be changed in red.

What do I think about me?



The way I am as a person

The good things about my personality (my strengths)

The things I would like to change

Underline the things that could be changed in green and the things that can't be changed in red.

Choose one change for each section and write it in the rectangle. Make these your targets to help you feel better about yourself and raise your self-esteem. Make a plan on how you can make these changes. Write what you can do in the arrows to achieve your target.

The way I look

The way I act or behave

The way I feel

The way I am as a person

There are ways of making changes and you can do these with a 'GREAT' Planner



My GREAT Planner



Goal

What is my goal?

Review

Why do I want to achieve this goal?

Emotion

How do I feel about it?

Achievable

Can I achieve this? How can I achieve it?

Time

How long will it take me to achieve?

Goal **R**eview **E**motion **A**chievable **T**ime

My goal is _____

I want to set this goal because _____

I feel about this goal.

I can achieve this goal by _____

I want to achieve this goal in days/weeks/months (cross out the ones that do not apply)

Put a tick in the box when you have achieved your goal.