

Discovering a sense of self

What works well for me?

What motivates me?

It is important to dig down deep and really explore the things that make you tick. The things you like about yourself and celebrate these. It might make you realise that you manage things in a very productive way or that you want to reclaim a particular motivation.

Motivations change throughout our lives depending on our influences and circumstances. Spend some time really getting to know yourself.

ME, MYSELF, I

GIVING PERMISSION TO LIKE YOURSELF IS OFTEN QUITE A BIG STEP FOR SOME. OUR BELIEF SYSTEMS CAN BE FRAGILE DEPENDING ON HOW WE HAVE DEVELOPED THEM AND WHO HAS REINFORCED THEM IN OUR LIVES... OUR POSITIVE ROLE MODELS HELP SHAPE WHO WE ARE AND THE BELIEFS THAT WE HOLD...TEACHERS, PARENTS, GRANDPARENTS, FRIENDS, TV PERSONALITIES, WORK COLLEAGUES....

THE NEXT EXERCISE WILL GET YOU TO IDENTIFY VARIOUS THINGS THAT YOU LIKE ABOUT YOURSELF, TO REINFORCE A SENSE OF WHO YOU ARE, AND HOW YOU ARE MOTIVATED.

THIS WILL REINFORCE THE POSITIVE THAT YOU CAN GENERATE FROM WITHIN AND MAKE YOU APPRECIATE THAT YOU DESERVE TO LIKE YOURSELF. THINK ABOUT IT... HOW CAN YOU SELL YOURSELF IN NEW SITUATIONS IF YOU DON'T BELIEVE IN & LIKE YOURSELF???

WE WILL ALSO EXPLORE WHAT WORKS WELL FOR YOU AS EVERYBODY DEVELOPS POSITIVE STRATEGIES TO FACE CHALLENGES AND NEW OPPORTUNITIES. WE WILL LOOK AT THIS FURTHER WHEN PLANNING AHEAD FOR NEW CHANGES.

TIP:

Really understand yourself
...understand the things that you value
and celebrate the neat tricks you have
learned to keep yourself safe, happy and
positive!

Worksheet 1

SEEING IS BELIEVING

I like this about myself.....

E.G. 1) I am a kind person and a trustworthy, loyal friend

This works well for me....

E.G. 1) I need to keep in contact with my friends regularly and phone them

I like this about myself.....

2) My sense of humour

This works well for me....

2) Make sure I spend time with my friends to have a laugh

I like this about myself.....

This works well for me.....

I like this about myself.....

This works well for me.....

I like this about myself.....

This works well for me.....

I like this about myself.....

This works well for me.....

I like this about myself.....

This works well for me.....

Worksheet 1 (Cont)

SEEING IS BELIEVING
I like this about myself.....
This works well for me....
I like this about myself.....
This works well for me....
I like this about myself.....
This works well for me.....
I like this about myself.....
This works well for me.....
I like this about myself.....
This works well for me.....
I like this about myself.....
This works well for me.....
I like this about myself.....
This works well for me.....
I like this about myself.....
This works well for me.....