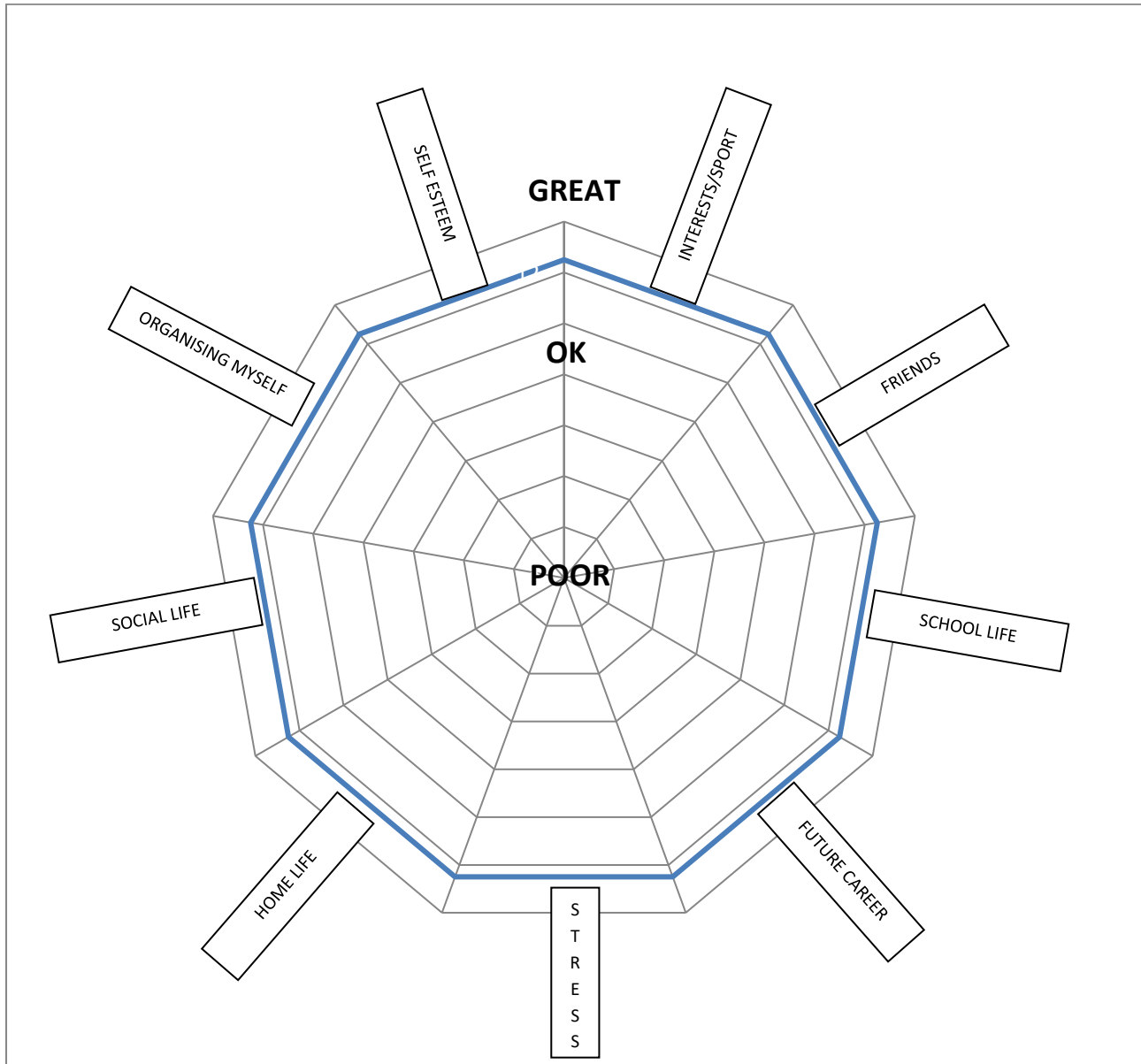


# HOW I FEEL ABOUT MYSELF NOW

DATE.....



## INSTRUCTIONS

Sometimes it's hard to think and talk about what you feel. You may find it easier to write it down or draw your feelings. This chart can help you start the process.

Look at the categories for each segment.

How do you feel about each one? For example, the section called ORGANISING MYSELF. Do you feel that you are really well organised? If so, colour or shade the whole section (= GREAT). But if you feel that you aren't very organised, just shade the section closer to the middle (=POOR)

If there are other things that are important to you but they aren't on the chart, change the titles or add new sections so that it works best for you.

You can work on the areas that you want to improve and come back to the chart each term and review progress.