

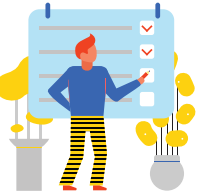
Worksheet: Who am I?

Which groups do you feel part of? (family, friends, clubs, teams, etc.)



What do you do in your spare time?

What do you spend any spare money on?



What three things would you take with you to a desert island?

When are you at your happiest?



Do your answers tell you anything about who you are at the moment, and what is important to you?

Draw or create a collage of symbols and pictures which describe who you are and what is important to you at this moment in your life, based on the answers above and other aspects of who you are that may not be included above.

