



# WHAT MAKES ME 'ME'?

Understanding and celebrating who we are as individuals, develops self-confidence and awareness. The first step is recognising your personal qualities.

Read the following qualities and colour the top five that best describe you.

## I AM...

honest	friendly	adaptable
loyal	generous	energetic
sensitive	creative	determined
curious	organised	reliable
co-operative	helpful	respectful
innovative	logical	happy
ambitious	dependable	patient
kind	thoughtful	practical