

Get to know yourself

01

Start with adding stickers to the template to map your (only positive) personal qualities. Use the prompts sheets with words and icons. Try to pick at least 3 words and/or 3 icons per question.

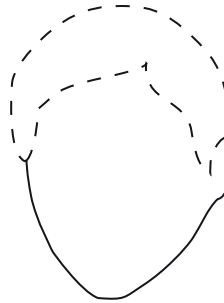
Continue with writing down any additional words that bubble up and explain even more about you if you can.

My cool character traits

What I like / love doing

Quotes that describe me

draw yourself!



What I am good at

What matters to me (personal values)

What makes me feel confident & boosts my self-esteem

Zoom in on your daily life

02

In what way do any of the activities you love doing / boost your confidence / fuel your energy (from p.1) occur in your daily life activities? *Add these activities to the part of the day they occur & mark them with a green number 2.*

03

Which activities during your day make you feel down / uneasy / insecure or drain your energy? *Add these activities to the part of the day they occur & mark them with a red number 3.*

Tip! Make use of
the prompt sheets.

04

You might find your day is not in balance because you do too little of what makes you feel good. *Add some additional activities you would like to include in your day that have a positive impact on your overall wellbeing. Mark them with a green number 4.*

Work

Home

Me time

05

Which activities - that have been undervalued until now - need to move to the top of your daily priority list to stay healthy and feel like your best self. *Mark these activities with a:*



How can you make these happen more? *Write down what you need **help** with to make it happen >*

HELP

06

What 3 actions can you take right now to bring into life the 'day-to-day' you envision? *Write down these 3 actions. >*

1.

2.

3.

Prompts - Icons

Cut out the ones that resonate with you!



Prompts - Words

Cut out the ones that resonate with you!

Character traits

Active	Disciplined	Optimistic	Spontaneous	Instinctive
Original	Relaxed	Adventurous	Easygoing	Intuitive
Knowledgeable	Organized	Empathic	Creative	Solitary
Outgoing	Responsible	Studious	Problem solver	Achiever
Enthusiastic	Restless	Ambitious	Confident	Goal-oriented
Loving	Considerate	Loyal	Communicative	Self-motivated
Athletic	Attentive	Cooperative	Faithful	Giver
Hardworking	Sensitive	Fierce	Honest	Inventive
Curious	Humorous	Imaginative	Nurturing	Dreamer
Careful	Dedicated	Quirky	Determined	Thinker
Observant	Sociable	Witty	Rational	Individualist
Emotional	Extravert	Introvert	Maker	Perfectionist

Activities & Interests

Interact	Leader of team	Be outside	Learning new things
Collaborations	Be your own boss	Change of environment	Social interactions
People listening	Creating something new	Education	Helping someone
Responsibility	Setting up own project	Discuss development	Volunteer work
Having authority	Educating someone	Bright space	Independent
Discuss goals	Giving feedback	Being at home	Part of tribe
Organized	Goal setting	Social media	Plan your own time
Declutter	Personal development	Compliments	Self-identity
Discuss personal things	Prioritize	Styling	Growth
Good conversation	Clean work environment	Team work	Change

Prompts - Quotes

Cut out the ones that resonate with you!

“I will find a way
to make it happen”

“I try to be optimistic even when
things look hopeless”

“I am intensely drawn to sincerity”

“My mind has
too many tabs open”

“I like people with emotional
and intellectual depth”

“I focus on growth,
rather than perfection”

“I am a thinker, not a talker”

“No one is me but me,
and that is my power”

“Me jealous?
Hahahahahaha. Yes.”

“I like myself
when I am smiling”

“Stuck between *F*ck It*
and *What If*”

“I try to find the art
in everything”

“I even overthink my
overthinking”

“I am addicted to
bettering myself”

“I really enjoy making things
with my hands”

“Better an oops than a what if”