There is more to me

Write or draw things that feel like you.
You can change your answers later.

Something I enjoy:

Something I care about:

Someone I can ask for help:

I matter when I do well.
I matter when I am learning.
I matter on hard days, too.

You do not have to earn care

Your skin, body, family, and way of learning are parts of you. You deserve kindness and respect.

"I am having a hard time feeling good about myself. Can you sit with me?"

If someone keeps putting you down, tell a safe adult. A caregiver, teacher, or counselor can help.

An adult I can talk to:

988 Suicide & Crisis Lifeline

Call or text 988 for crisis support.
Immediate danger? Call 911.

Progress is Progress LLC

www.progresscounselingprograms.com

I Get to Be Me

My interests. My ideas.
My own way of growing.



There is room for my kind of wonderful.

Progress is Progress LLC

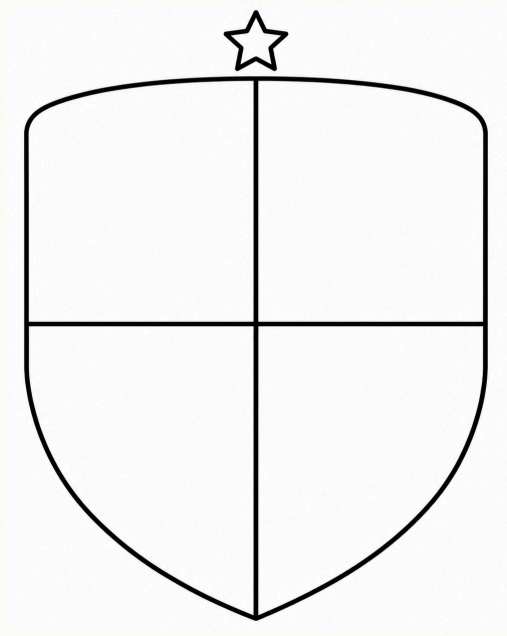
Mile or a Millimeter

01 / MY PERSONAL CREST

A picture of who I am

Fill each space with a drawing or word. Color and decorate your crest.

1. Something I enjoy
2. Something that matters to me
3. Something I am practicing
4. Someone who supports me



One detail I want to share:

Your crest does not need to match anyone's.

02 / STRENGTHS CAN BE QUIET

I can notice my effort

You do not need a trophy to notice something you tried. Circle any examples that sound like you.

- ☐ I asked a question.
- ☐ I included someone.
- ☐ I practiced something tricky.
- ☐ I asked for help.

My own example:

Someone who noticed my effort:

My effort is part of my story. It does not decide my worth.

03 / A MISTAKE IS ONE MOMENT

I can fix a mistake and still be me

Try a fairer sentence about a mistake. You can make things right without calling yourself mean names.

Instead of: "I ruin everything."
Try: "I made a mistake. I can ask how to fix it."

A fair sentence I could use:

One way to repair or try again:

A grown-up can help me work out what to do next. I do not have to figure it out alone.