

A brighter
me
tomorrow

BECOMING ME

I am more than a list of traits. I am always learning, growing, and becoming.

SAME
KIND HUMAN
BRIGHTER
POSSIBILITIES

Name: _____ Date: _____



What Does 'Being in the World' Mean?

We are not born with a personality that stays exactly the same forever.

Our experiences, relationships, choices, challenges, dreams, and surroundings can all influence who we are.

You are not finished becoming YOU.



A bigger
world
brings
new
possibilities.

1.



ME RIGHT NOW

Choose words that describe how you see yourself today.

☐ Kind

☐ Caring

☐ Outgoing

☐ Funny

☐ Curious

☐ Determined

☐ Strong

☐ Brave

☐ Helpful

☐ Creative

☐ Quiet

☐ Independent

I AM
ENOUGH
RIGHT
NOW

My own words:



One thing I like about who I am right now:

THERE
ARE SO MANY
GOOD THINGS
ABOUT ME!

2.



I HAVE CHANGED

Think about yourself a few years ago.

Something about me that has changed: _____

I used to... _____

Now I... _____

CHANGE IS A SIGN OF GROWTH

What helped me change?

☐ A person

☐ A challenge

☐ An experience

☐ A choice I made

☐ Something I learned

☐ Something else: _____



Small
changes
make a
big
difference

3. WHAT DO I CARRY WITH ME?



MY EXPERIENCES
HELP SHAPE ME

EVERY
PART OF
MY STORY
MATTERS

Our experiences become part of our story, but they do not have to decide our future.

Write or draw something that has helped shape who you are.

♥ A person who has influenced me:

★ An experience that taught me something:

💪 A challenge that helped me grow:

😊 Something that brings me joy:

4. I AM NOT JUST A LABEL



I AM SO MUCH
MORE THAN A WORD

LABELS
DO NOT
DEFINE ME

Sometimes people describe us with labels.

shy

difficult

smart

anxious

strong

stubborn

quiet

But one word can never explain a whole person.

A label someone has given me:

Does that word tell my whole story?

☐ YES

☐ NO

☐ SOMETIMES

What would I want someone to understand about me instead?

5. MY WORLD MATTERS



THE WORLD AROUND ME
HELPS ME BECOME ME

MY
WORLD
MAKES A
DIFFERENCE

Who we are can be influenced by the world around us.



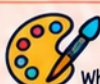
PEOPLE

Who matters to me?



PLACES

Where do I feel most
like myself?



ACTIVITIES

What makes me feel alive,
interested, or happy?



VALUES

What is important to me?

I am more than a list of traits. I am always learning, growing, and becoming.

6. WHO AM I BECOMING?

Circle or check something you would like to become more of:

- | | | |
|--------------------------------------|--------------------------------------|---|
| ☐ Confident | ☐ Caring | ☐ Adventurous |
| ☐ Independent | ☐ Creative | ☐ Connected to others |
| ☐ Patient | ☐ Responsible | ☐ Comfortable being myself |
| ☐ Brave | ☐ Calm | ☐ Something else: _____ |

YOU GET TO KEEP GROWING.

GROWTH
LOOKS GOOD
ON YOU

One small thing I can do to become more like this:

7. THREE DOORS

DIFFERENT CHOICES CAN LEAD TO A BRIGHTER YOU.



Door 1: KEEP

Something about myself I want to keep:



Door 2: GROW

Something about myself I want to develop:



Door 3: LET GO

Something I no longer want to define me:



CREATE YOUR FUTURE SELF

Draw yourself becoming the person you want to be.

What are you doing?

Who is around you?

How do you feel?

What is different?

BIG
DREAMS
BRIGHTER
TOMORROWS

You
can
create
this!



FINISH THIS SENTENCE

YOUR STORY IS STILL BEING WRITTEN.

I am not finished becoming who I am. Right now, I am becoming someone who...



REMEMBER

You are more than what has happened to you.

You are more than the labels people give you.

You are a person who is experiencing, choosing, learning, changing, and becoming.

YOU
ARE MORE
THAN ENOUGH