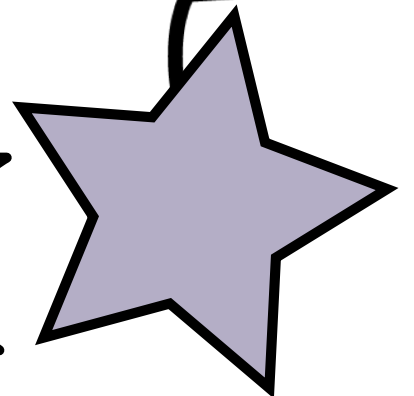
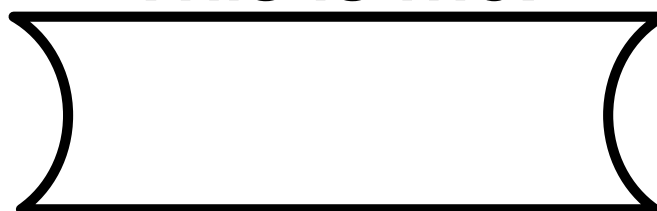


This is me!



How to use the “This is me” resource

This activity is a great way to remind ourselves about the special gifts others see in us, which we often overlook or forget about in ourselves!

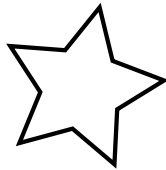
1. Fill out your name in the space provided under the “This is me!” title and if you wish, personalise the person in the centre of the page to look like you.



1. Invite your friends, family and supporters to fill in the speech bubbles with how they view you and your strengths.



1. In the stars in each corner, fill in your goals, dreams and aspirations for the future.



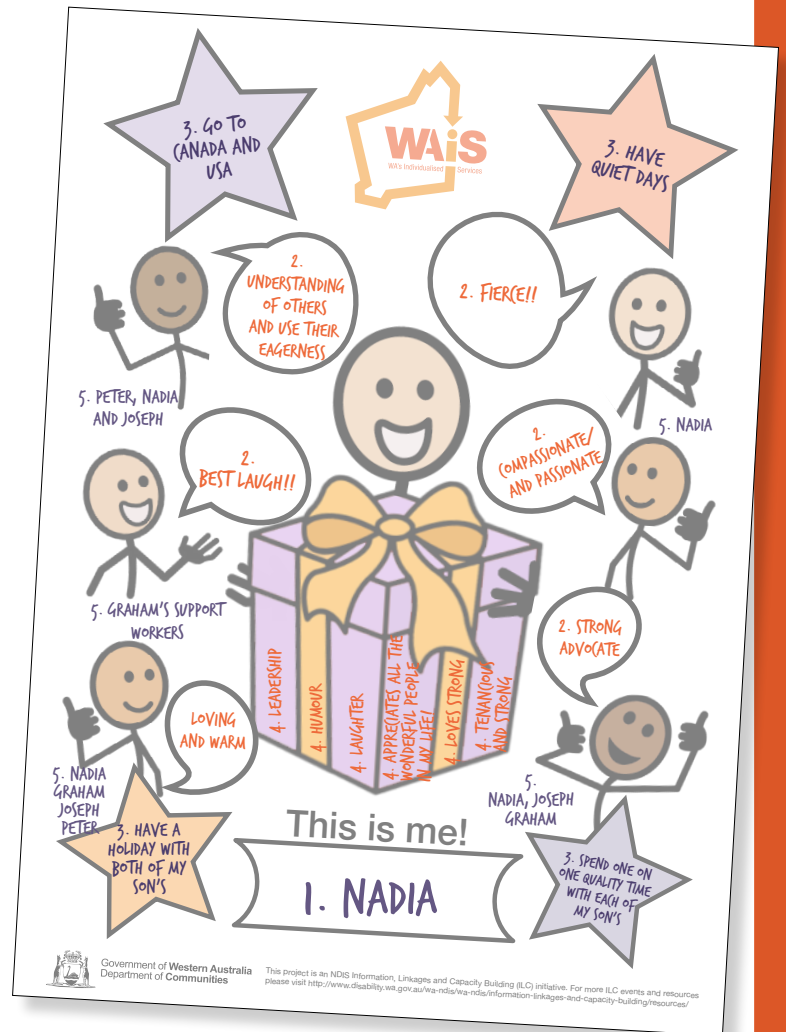
1. Invite your friends to share in the spaces provided on the present/gift all of the wonderful gifts and strengths you have.



1. Under some of the people on the sides of this page fill in who can help you with each of your goals and aspirations. This may also include you!



1. Now is a great time to think about how you'd like to plan towards your goals and aspirations with your friends, family and supporters.



Government of **Western Australia**
Department of **Communities**

