



I am someone who...

This worksheet can support self-reflection.
Think carefully about yourself and have a go at completing the sentences below:

I am someone who always

I am someone who wishes

I am someone who cannot

I am someone who can

I am someone who is grateful for

I am someone who struggles with

I am someone who never

I am someone who forgets to

I am someone who remembers to

I am someone who is brilliant at

My Goal Ladder:

The goal I want to reach is:

On the ladder below write down the different steps you can take to gradually build up to reaching your goal

