

humantold

What I Like & Want to Improve

This activity is a prompt asking you what you like about yourself or your life and what things you would like to improve? (If you find this difficult try doing this with a trusted support or therapist)

List of at least 10 Things I like about myself and my life:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Additional space if needed:

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List of 5 Things I want to improve:

1.

2.

3.

4.

5.

Additional space if needed:
