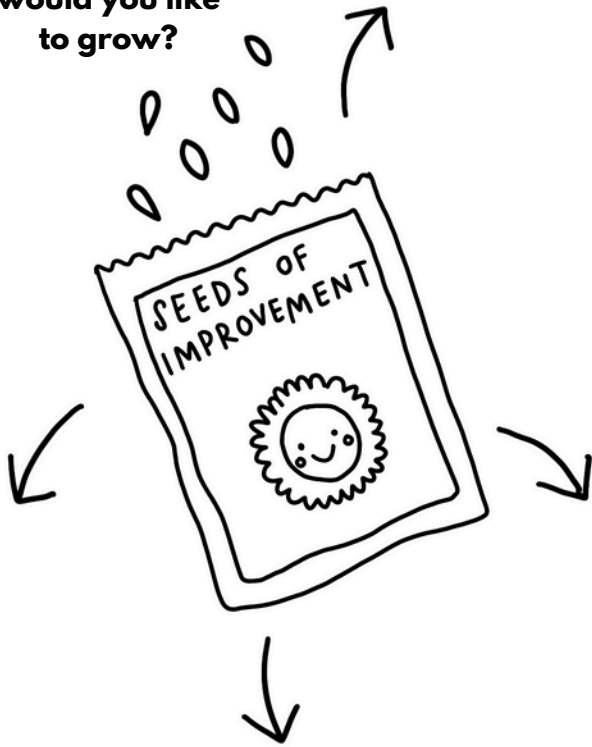


KNOW YOURSELF, grow yourself

What new skills or strengths would you like to grow?



What are you great at or do you most enjoy doing?
Fill in the leaves



"EVEN THE TALLEST TREES STARTED AS TINY SEEDS"

KNOW YOURSELF,
grow yourself

A time I felt really proud of myself...

3 emotions I feel when something is challenging...

3 people who will help support me...

3 things that help me to feel calm