

# It's Good To Be Me Because...



## What I Like About Me

Example: I am a caring person

I am good at \_\_\_\_\_

I am a good \_\_\_\_\_

I am a \_\_\_\_\_ person

I am happy that \_\_\_\_\_

I like that my body can \_\_\_\_\_

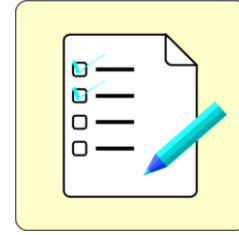
I love that I am \_\_\_\_\_

I can \_\_\_\_\_

I like that I can \_\_\_\_\_

I am special because \_\_\_\_\_

I like to \_\_\_\_\_



## How I Know This Is True

Example: Today my friend said I was caring because I remembered it was her birthday and told her happy birthday when she got to school

I know I am good at this because \_\_\_\_\_

I know I am a good \_\_\_\_\_ because \_\_\_\_\_

I know I am a \_\_\_\_\_ person because \_\_\_\_\_

This makes me happy because \_\_\_\_\_

I like that my body does this because \_\_\_\_\_

I love that I am \_\_\_\_\_ because \_\_\_\_\_

I know I can \_\_\_\_\_ because \_\_\_\_\_

I know I can \_\_\_\_\_ because \_\_\_\_\_

I know that I am special because \_\_\_\_\_

I like to \_\_\_\_\_ because \_\_\_\_\_