Self-Portrait

Our self-identity is defined by a lot of different things - relationships, experiences, attributes, talents, and more. Collectively, they make each of us a unique individual. The diversity of the human race makes our lives richer.

Each of us can impact the world in a different way, with each of our individual identities and life pathways adding to this collective richness.
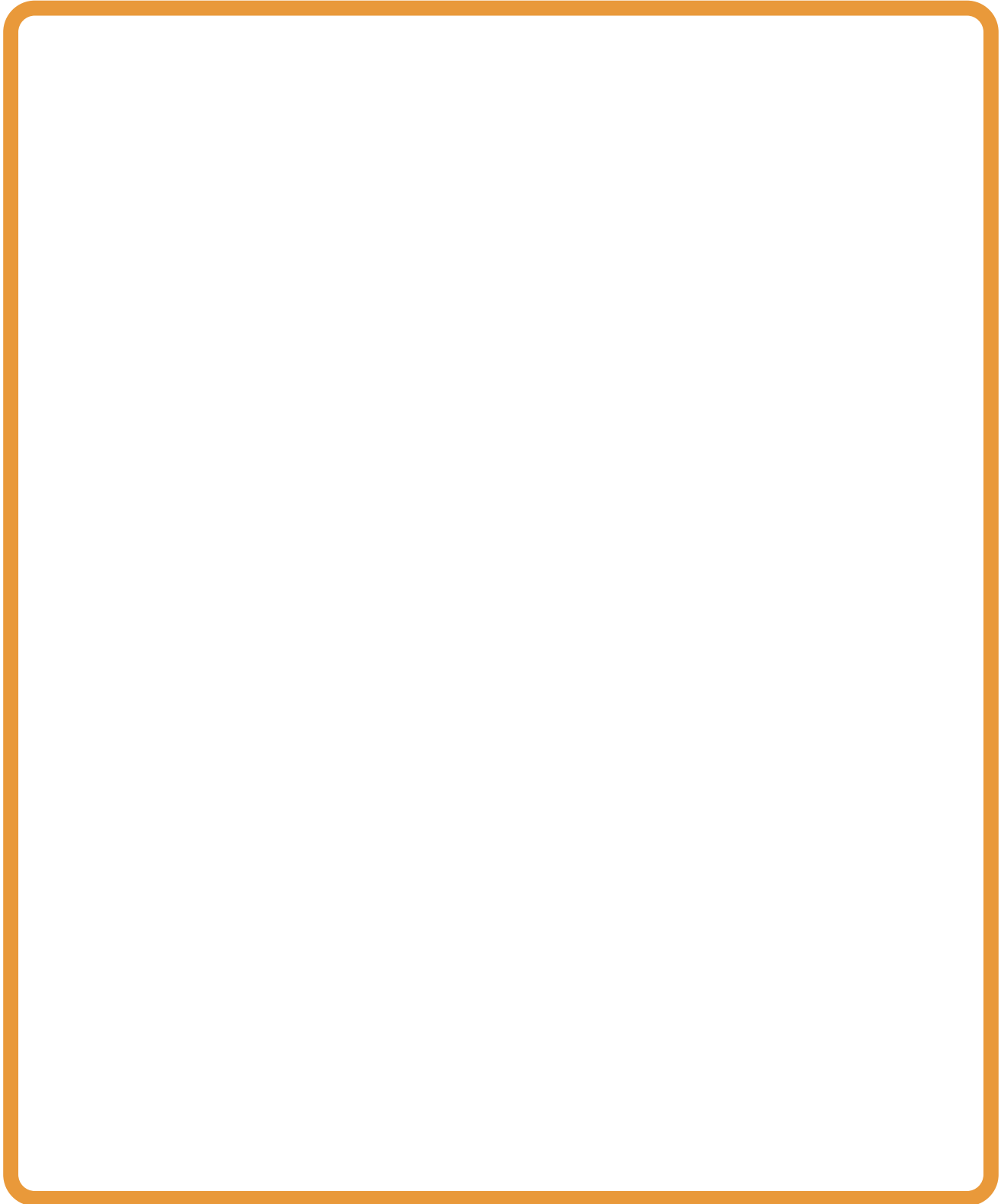

Part 1: Self-Portrait

Use the space provided on the following page to create a self-portrait of yourself. This is a visual representation of who you are as a person. You can use words, pictures, drawings, or any other multimedia tools to try and represent yourself.

Use these questions as inspiration if you feel stuck on what to include:

- What do you like to do in your free time, such as hobbies or talents?
- Who are people in your life that hold importance, such as family or friends?
- What are memories, events, or experiences that were meaningful parts of your life?
- What qualities, such as personality traits, do you appreciate about yourself?
- What are your goals or aspirations, such as what you would like to be when you grow up, if there are any activities you would like to experience, or if you would like to learn to do something new?

Draw your self-portrait in the space below:

Part 2: Reflection

Self-appreciation and self-love are important for positive mental health. How do you express your love and appreciation for who you are each day?

These could be simple daily activities, such as beginning every new day with an affirmation (a positive phrase) about yourself or taking care of yourself (by exercising or eating healthy).

_____

_____

_____

_____

_____

_____

It is important to recognize and celebrate what makes us special. Yet, it is also essential that we appreciate others in a similar way.

Consider sharing your self-portrait with others, and ask to see theirs as well. A great way to show your appreciation for who they are as a person is to ask questions to learn more. **Use the space below to reflect on your experience learning more about someone else.**

_____

_____

_____

_____

_____

_____