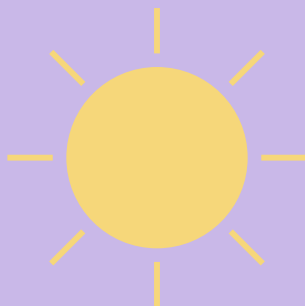




A WORKBOOK JUST FOR YOU

Getting to Know Me

fun questions to help you figure out YOU

this book belongs to

.....

BEFORE YOU BEGIN

How to Use This Book

There's no wrong way to fill this out. Some questions might feel super easy, and that's the point — this book isn't a test. It's just for getting to know YOU a little better.

- ★ If you don't know an answer yet, that's okay! Write “not sure yet” and come back later.
- ★ You can skip any page you want, or do them in any order.
- ★ There's no such thing as a weird answer here — if it's true for you, it counts.
- ★ Use pencil, pen, marker — whatever you've got. You can always change your mind later.

Tip: keep this somewhere you'll see it again, like your backpack or your nightstand.

CHAPTER ONE



My Favorites, Part I



the basics!

My favorite color is

.....

My favorite season is

.....

My favorite subject in school is

.....

My favorite movie is

.....

My favorite sport or activity is

.....

My favorite place to hang out is

.....

My favorite animal is

.....

My favorite ice cream flavor is

.....

My favorite video game or app is

.....

My favorite book or show is

.....

My favorite superhero or character is

.....

My favorite thing to do on weekends is

.....



knowing your favorite color counts as knowing yourself

CHAPTER ONE, CONTINUED



My Favorites, Part II

*the food edition*

My favorite food is

.....

My favorite snack is

.....

My favorite drink is

.....

My favorite dessert is

.....

My favorite restaurant is

.....

My favorite thing to do with friends is

.....

My favorite holiday is

.....

My favorite song right now is

.....

My favorite way to spend a rainy day is

.....

A family tradition I love is

.....

My favorite breakfast is

.....

Something about me I really like is

.....

*your taste buds are 100% yours*

CHAPTER TWO

★ Would You Rather? ★

pick one — there's no wrong answer☐ Morningsor ☐ Nights☐ Dogsor ☐ Cats☐ Summeror ☐ Winter☐ Pizzaor ☐ Tacos☐ Beachor ☐ Mountains☐ Readingor ☐ Video games☐ Chocolateor ☐ Vanilla☐ Textingor ☐ Calling☐ Sweetor ☐ Salty☐ Moviesor ☐ Books☐ Team sportsor ☐ Solo activities☐ Board gamesor ☐ Video games

★
picking a favorite is a skill — you're getting good at it

CHAPTER TWO, CONTINUED



A Few More Would-You-Rathers

☐ Pancakes

or ☐ Waffles

☐ Roller coasters

or ☐ Ferris wheels

☐ Silly jokes

or ☐ Knock-knock jokes

☐ Drawing

or ☐ Writing

☐ Morning person

or ☐ Night owl

☐ Crunchy snacks

or ☐ Soft snacks

☐ Sneakers

or ☐ Sandals

☐ Big groups

or ☐ Small groups

☐ Indoor recess

or ☐ Outdoor recess

☐ Backpack

or ☐ Tote bag

An opinion I have that might surprise people:

.....

CHAPTER THREE

My Senses & My Comfort

what feels good to you

A sound I love is

.....

A smell that makes me happy is

.....

A texture I don't like is

.....

My favorite kind of weather is

.....

When I'm upset, this helps me feel better:

.....

A sound that bugs me is

.....

A texture I like touching is

.....

Something soft and cozy I love is

.....

A place that feels safe and cozy to me is

.....

A song that makes me feel calm is

.....

Something that always helps me fall asleep:

★
paying attention to your senses is a superpower

CHAPTER FOUR

 My Family & Friends *the people in my corner*

My favorite person to talk to is

.....

A person in my family I'm close to is

.....

Something I love doing with my friends is

.....

Someone who makes me feel safe is

.....

A way I like to show people I care about
them is

.....

Someone who always makes me laugh is

.....

My best friend is

.....

A person I look up to is

.....

A pet (mine or someone else's) that I love is

.....

Someone I'd love to get to know better is

.....

————— ★ —————
the people who make you laugh are worth keeping close

CHAPTER FIVE



My Feelings Right Now



check in with yourself

Circle (or check off) any feelings that fit how you're doing today:

☐ happy	☐ excited	☐ nervous	☐ silly	☐ tired	☐ proud	☐ shy
☐ curious	☐ calm	☐ grumpy	☐ brave	☐ confused	☐ thankful	
☐ hopeful	☐ embarrassed	☐ loved				

Something that made me smile today is

.....

Something I'm proud of is

.....

A feeling I don't love having is

.....

Something that always cheers me up is

.....

CHAPTER SIX

My Style

how I like to show up

Clothes that feel like “me” are

.....

An accessory I love is

.....

My favorite hairstyle is

.....

My favorite shoes are

.....

My favorite color to wear is

.....

I feel my best when I'm wearing

.....

A style I think is really cool is

.....

Something I'd love to try wearing someday is

.....

————— ★ —————
your style can change as much as you want it to

CHAPTER SEVEN



Things I Care About

*what matters to me*

Something I think is really important is

.....

Something that's not fair (and bugs me) is

.....

Someone I really admire is

.....

A cause I care about is

.....

A rule I try to follow is

.....

A way I like to help people is

.....

Something I'd never do to a friend is

.....

Something I believe, even if not everyone agrees is

.....

————— ★ —————
caring about things is never something to be embarrassed about

CHAPTER EIGHT



School, Hobbies & Fun



the stuff I do all day

My favorite subject in school is

.....

The subject that's hardest for me is

.....

My favorite thing to do after school is

.....

A hobby I love is

.....

Something I'm really good at is

.....

Something I want to get better at is

.....

My dream job (today, at least) is

.....

A club or activity I'd like to try is

.....



being bad at something new just means you're new at it

CHAPTER NINE



My Dreams & Wishes



what I'm hoping for

Somewhere I'd love to visit is

.....

A skill I wish I had is

.....

Something I hope happens this year is

.....

Something I'm excited about in the future is

.....

Something I want to learn how to do is

.....

If I could have any superpower, it'd be

.....

A goal I have for myself is

.....

If I could meet anyone, it would be

.....

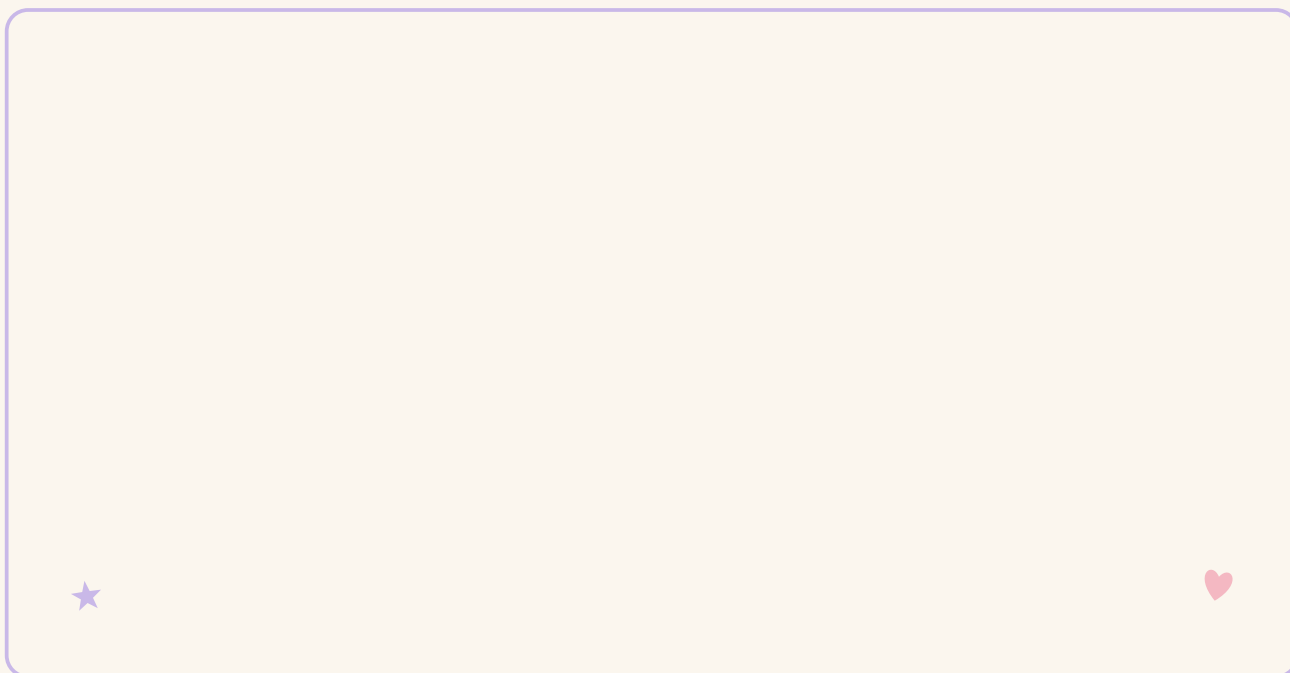


wishing for things is the first step to going after them

CHAPTER TEN

A Picture of Me

draw it, describe it, or both



Something I like about how I look is

.....

My favorite thing about being me is

.....

I smile the most when

.....

Something that makes me, ME is

.....

CHAPTER ELEVEN

 A Letter to Future Me

just for you to read later

Dear future me...

*Need an idea? Try: "Right now I'm really into..." / "I hope you still..."
/ "Something I want you to remember is..."*



LAST PAGE, FOR NOW

You Are Worth Getting to Know

This book doesn't really end — you get to keep changing your mind. Maybe next year your favorite color changes, or you find a new favorite food. That's not a problem. That's just growing up.

with care,

