

A WORKBOOK FOR THE PERSON YOU ARE

Getting to Know Me

(and the kid I used to be)

small questions for a self that deserves to be known

this book belongs to

BEFORE YOU BEGIN

How to Use This Book

There are no wrong answers in here. Not one. Some of these questions will feel silly-easy, and that's on purpose — this book isn't testing you, it's introducing you to yourself, one small detail at a time.

- ★ If you don't know an answer yet, write “I don't know yet” — that's allowed, and it's information too.
- ★ You can skip a page and come back, or never come back. This book doesn't keep score.
- ★ Answer like you're twelve. Twelve-year-olds know their favorite color. You're allowed to know yours too.
- ★ **There's a difference between what you like and what you think you SHOULD like. Go with the real one.**
- ★ Pencil, pen, whatever's nearby. Cross things out. Change your mind later — you're allowed to update.

CHAPTER ONE

My Favorites, Part I

the basics nobody ever asked you

My favorite color is

My favorite season is

My favorite animal is

My favorite time of day is

My favorite smell is

My favorite sound is

My favorite kind of weather is

My favorite place I've ever been is

My favorite number is

My favorite flower or plant is

My favorite holiday is

My favorite thing about my own name is

My favorite word to say out loud is

My favorite kind of music is

My favorite thing to look at is

My favorite app or website is

CHAPTER ONE, CONTINUED

My Favorites, Part II

for the record

My favorite food is

.....

My favorite snack is

.....

My favorite drink is

.....

My favorite dessert is

.....

My go-to comfort meal is

.....

My favorite restaurant (or kind of food) is

.....

My favorite breakfast is

.....

My favorite way to eat eggs (or my go-to order) is

.....

My favorite candy or treat is

.....

My favorite thing to drink when I'm sick is

.....

A food I used to hate but love now is

.....

A food everyone loves that I just don't is

.....

My favorite topping on anything is

.....

The first thing I'd order at a new restaurant is

.....

My favorite cereal growing up was

.....

A food that instantly feels like a celebration is

.....

CHAPTER TWO

My Senses & My Comfort

the small physical truths of being you

A texture I love touching is

.....

A texture that bothers me is

.....

A song that always calms me down is

.....

A scent that feels like home is

.....

A sound I can't stand is

.....

My favorite kind of weather to fall asleep to is

.....

A place where my whole body relaxes is

.....

My ideal room temperature is

.....

The fabric I want against my skin is

.....

A small sound that makes me happy is

.....

A color that feels calming to me is

.....

A taste I find instantly comforting is

.....

Describe a moment, anytime in your life, when your whole body felt at ease:

CHAPTER THREE

Small Opinions, Either / Or

you're allowed to have a preference

- | | |
|---|---|
| ☐ Mornings | or ☐ Nights |
| ☐ Mountains | or ☐ Ocean |
| ☐ Sweet | or ☐ Salty |
| ☐ Dogs | or ☐ Cats |
| ☐ Sunny days | or ☐ Rainy days |
| ☐ Books | or ☐ Movies |
| ☐ Quiet nights in | or ☐ Out with people |
| ☐ Hot drinks | or ☐ Cold drinks |
| ☐ Window seat | or ☐ Aisle seat |
| ☐ Texting | or ☐ Calling |
| ☐ Pancakes | or ☐ Waffles |
| ☐ Pineapple on pizza | or ☐ No pineapple on pizza |

CHAPTER THREE, CONTINUED

A Few More Small Opinions

- | | |
|--|---|
| ☐ Crunchy snacks | or ☐ Soft snacks |
| ☐ Plans in advance | or ☐ Going with the flow |
| ☐ New things | or ☐ Familiar favorites |
| ☐ Bright colors | or ☐ Soft, muted colors |
| ☐ Socks on | or ☐ Socks off |
| ☐ Cold pillow side | or ☐ Warm pillow side |
| ☐ Big groups | or ☐ One-on-one |
| ☐ Talking it out | or ☐ Thinking it through alone |
| ☐ Spontaneous trips | or ☐ Planned-out trips |
| ☐ Background noise | or ☐ Total silence |

An opinion I have that surprises people:

Something I used to think I liked, but actually don't:

CHAPTER FOUR

My Body & What It Needs

tiny instructions for taking care of you

When I'm anxious, the thing that actually helps is

.....

A hug that feels good to me is (tight / soft / brief / long)

.....

What helps me fall asleep is

.....

My safe space (real or imagined) looks like

.....

When I'm overstimulated, I need

.....

A way I like to move my body is

.....

I feel most relaxed when I'm wearing

.....

Something that helps me feel grounded is

.....

A drink or snack that soothes me is

.....

The kind of touch I don't like is

.....

On a hard day, the kindest thing I can do for my body is:

CHAPTER FIVE

My People & Connections

who is in my corner

The person who makes me laugh the hardest is

.....

A person who has always felt safe to me is

.....

Someone I'd call first with bad news is

.....

Someone I miss is

.....

The way I show someone I love them is

.....

Someone who believed in me before I believed in myself is

.....

Someone I trust completely is

.....

Someone I'd call first with good news is

.....

A person who sees the real me is

.....

A quality I look for in a friend is

.....

The way I feel most loved by others is

.....

A person I'd love to reconnect with is

.....

CHAPTER SIX

My Inner World

check in with yourself, right now

Check off any feelings that are present for you today:

☐ calm ☐ anxious ☐ excited ☐ tired ☐ hopeful ☐ sad ☐ proud ☐ overwhelmed

☐ curious ☐ content ☐ lonely ☐ grateful ☐ irritable ☐ safe ☐ shy ☐ silly

☐ numb ☐ embarrassed ☐ shaky ☐ soft ☐ brave ☐ tender

Something that made me laugh recently is

.....

Something I'm proud of, even if it's small, is

.....

Something I'm gently working on about myself is

.....

A feeling I have a hard time naming is

.....

If today's feeling lived somewhere in your body, where would it be? Describe it in words:

CHAPTER SEVEN

My Style & Self-Expression

how I like to show up in the world

Clothes that feel most like “me” are

.....

Colors I love to wear are

.....

How I like my hair (or wish I could wear it) is

.....

An accessory or item I never want to be without is

.....

I feel most confident when I'm wearing

.....

A style I admire on other people is

.....

Something about my appearance I actually like is

.....

If my personality were an outfit, it would be

.....

My favorite thing to wear on a lazy day is

.....

A scent or perfume that feels like me is

.....

CHAPTER EIGHT

My Values & Beliefs

what actually matters to me

Something I will not compromise on is

.....

A rule I try to live by is

.....

Something that makes me really angry (in a fair way) is

.....

A cause or issue I care about is

.....

Someone I admire, and why, is

.....

A value my family raised me with that I still hold is

.....

A value my family raised me with that I've let go of is

.....

What "success" means to me, personally, is

.....

Something I believe even if others disagree is

.....

A boundary I'm proud I've set is

.....

CHAPTER NINE

My Core Values Checklist

check off what resonates — or what you'd like to grow into

- | | | | |
|--|---|---|--|
| ☐ Honesty | ☐ Wisdom | ☐ Simplicity | ☐ Vision |
| ☐ Integrity | ☐ Optimism | ☐ Spirituality | ☐ Resourcefulness |
| ☐ Compassion | ☐ Accountability | ☐ Health | ☐ Adaptability |
| ☐ Respect | ☐ Forgiveness | ☐ Environmentalism | ☐ Tenacity |
| ☐ Responsibility | ☐ Flexibility | ☐ Family | ☐ Self-reliance |
| ☐ Courage | ☐ Creativity | ☐ Education | ☐ Altruism |
| ☐ Perseverance | ☐ Independence | ☐ Community | ☐ Growth |
| ☐ Gratitude | ☐ Curiosity | ☐ Achievement | ☐ Self-expression |
| ☐ Generosity | ☐ Justice | ☐ Self-awareness | ☐ Innovation |
| ☐ Empathy | ☐ Balance | ☐ Diversity | ☐ Belonging |
| ☐ Authenticity | ☐ Service | ☐ Peace | ☐ Exploration |
| ☐ Kindness | ☐ Determination | ☐ Honor | ☐ Stewardship |
| ☐ Fairness | ☐ Tolerance | ☐ Self-care | ☐ Discovery |
| ☐ Trustworthiness | ☐ Collaboration | ☐ Trust | ☐ Creativity |
| ☐ Loyalty | ☐ Innovation | ☐ Leadership | ☐ Humor |
| ☐ Open-mindedness | ☐ Excellence | ☐ Graciousness | ☐ Curiosity |
| ☐ Humility | ☐ Freedom | ☐ Moderation | ☐ Reverence |
| ☐ Patience | ☐ Empowerment | ☐ Purpose | ☐ Serenity |
| ☐ Self-discipline | ☐ Harmony | ☐ Self-respect | ☐ Discipline |
| ☐ Resilience | ☐ Adventure | ☐ Decisiveness | ☐ Fulfillment |

Three values from this list I want to build my life around:

CHAPTER TEN

My Dreams & Curiosities

what I'm reaching toward

Somewhere I want to go is

.....

Something I want to learn is

.....

A skill I wish I had is

.....

A version of a future day I'd love to live is

.....

Something I was curious about as a kid that I still wonder about is

.....

A small dream (not a big life-changing one, just a nice one) is

.....

Something I want to try at least once is

.....

A hobby I'd explore if there were no pressure to be good at it is

.....

A book, show, or topic I want to dive into next is

.....

Something I hope is still true about me in ten years is

.....

CHAPTER ELEVEN

Finding My Passion

for the kid within, across every age you've been

Passion isn't always a lightning bolt — sometimes it's just noticing what's lit you up all along.

When I was really small, I loved...

-
-
-

As a kid, I was fascinated by...

-
-
-

As a tween or teenager, I found joy in...

-
-
-

More recently, I've found delight in...

-
-
-

CHAPTER TWELVE

Finding My Purpose

no pressure — just noticing what pulls at you

What am I passionate about?

--	--	--

What makes me curious?

--	--	--

What talents do I want to share with others?

--	--	--

How do I like to help people?

--	--	--

What do I love doing most?

--	--	--

What cause or issue excites me?

--	--	--

What's something small I'd love to be remembered for?

--	--	--

CHAPTER THIRTEEN

Things I'm Good At

your strengths are allowed to be ordinary and still count

My strengths and good qualities:

-
-
-
-
-

How could these strengths help me in a hard moment?

-
-
-

A challenging situation I've faced:

The strength(s) I used to get through it:

How it turned out, or what I learned:

-
-
-

CHAPTER FOURTEEN

Flipping the Script

notice the unkind thought, then find a truer, kinder one

This isn't about forcing false positivity — it's about checking whether the harsh thought is actually true, and finding words that are both kind and honest.

Unkind thoughts about myself

•

•

•

•

•

A kinder, truer response

•

•

•

•

•

CHAPTER FIFTEEN

A Goal I'm Working Toward

small steps still count as moving

A goal I want to work toward:

.....

Steps that could get me there:

-
-
-
-
-

How will reaching this goal make me feel about myself?

-
-
-

Notes, reminders, or encouragement for future me:

-
-
-

CHAPTER SIXTEEN

Exploring Me: A Check-In

a quick-glance summary of where you are right now

Things I'm good at:

.....

Things I enjoy:

.....

Things I value:

.....

People who inspire me:

.....

Things I'd gently like to improve:

.....

My hopes for myself:

.....

Reflection — anything that surprised you, filling this out:

CHAPTER SEVENTEEN

A Little Self-Esteem Journal

a template you can photocopy and return to, any day

Day:

Date:

Three things I'm grateful for today:

Three affirmations about myself:

One thing I accomplished today, no matter how small:

.....

An act of kindness I did (or received) today:

.....

A way I took care of myself today:

.....

How am I feeling emotionally right now?

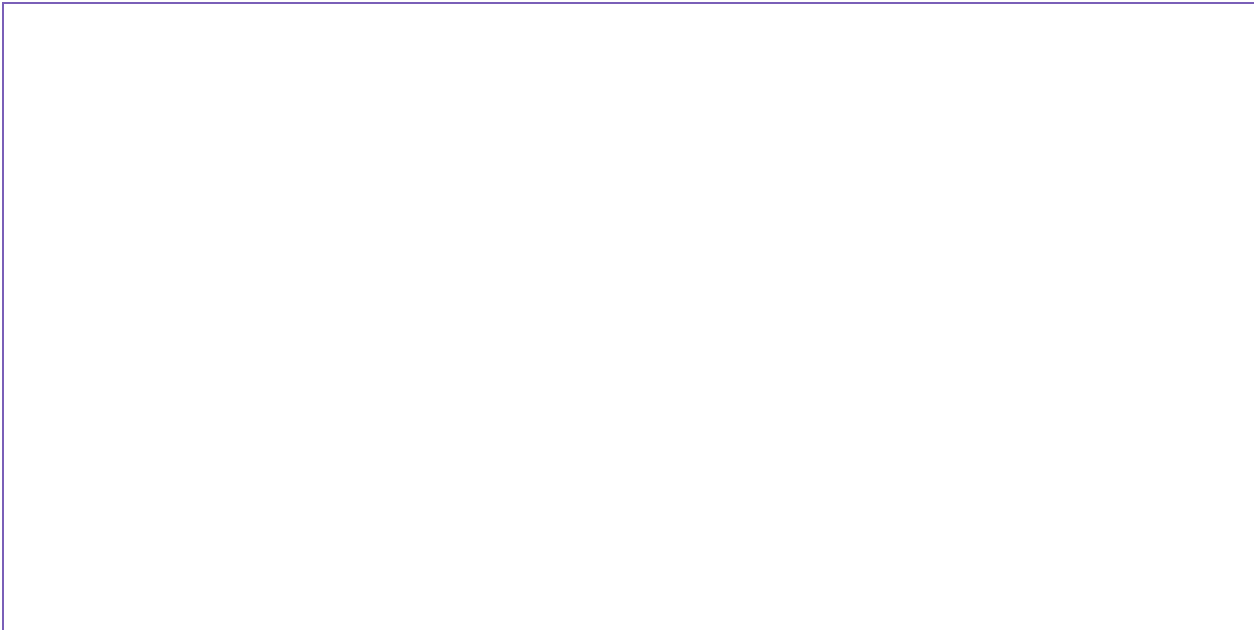
A challenge I faced today, and how I handled it:

[illegible]

CHAPTER EIGHTEEN

A Picture of Me

draw it, describe it, or both — your call



A feature I actually like about myself is

.....

I smile the most when

.....

My hands are good at

.....

If you saw me from across the room, you'd notice

.....

CHAPTER NINETEEN

A Letter to Myself

from you, to you — no audience but yourself

Dear me, here's something I want you to know...

Need a nudge? Try finishing one of these: "I wish someone had told me..." / "I'm proud of you for..." / "You don't have to... anymore."

LAST PAGE, FOR NOW

You Are Allowed to Know Yourself

This book doesn't end so much as it pauses. Come back when you change your mind about your favorite color, or finally figure out what you actually think about mornings. You're not behind. You're just getting reacquainted.