

My **ACTUAL** Self

Describe who you are TODAY in the bubbles and draw yourself in the body...

E.g are you happy, sad, anxious?

E.g are you shy, funny or loud?

E.g what colour eyes do you have?

CUT DOWN HERE

My **IDEAL** Self

Now describe and draw who you would like to be...

E.g would you look different?

E.g would you act differently?

Is your IDEAL self the same as your ACTUAL self?