

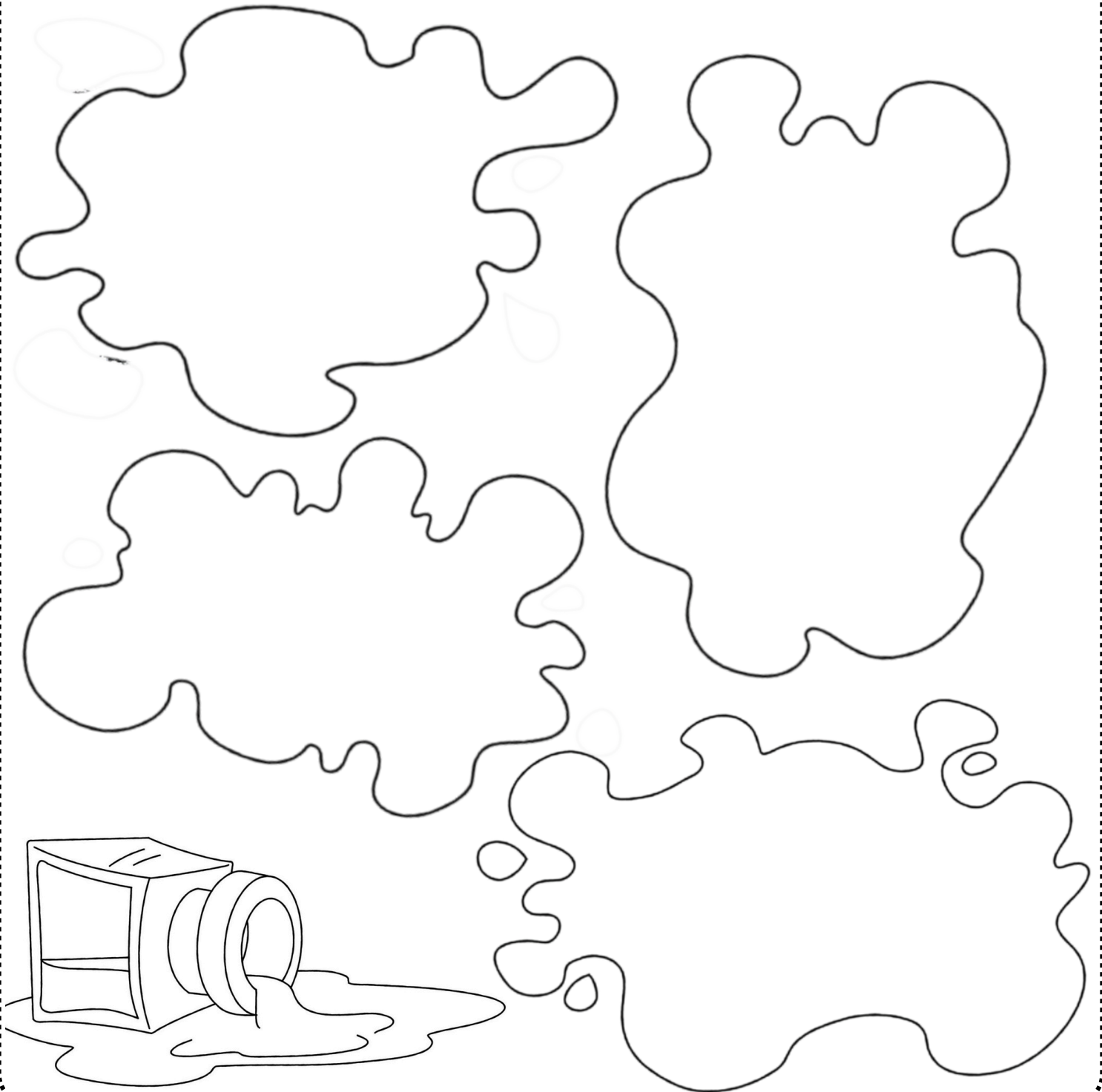
Name: _____

Date: _____



I AM

Smudge's journal reminds you that comparing yourself to other people can crush your creativity. Instead of comparing yourself to others, it's time to celebrate the things that make you...you! Write something in each inkblot that makes you happy, proud of yourself, or that you value about yourself.



Sometimes it can be hard to remember the positive things about yourself that others can see. Ask other people for the answers to these questions, then use them to write a letter to yourself to remind you why you are amazing!

WHAT THINGS DO OTHER PEOPLE LIKE ABOUT ME? _____

HOW DO I USE MY SKILLS OR TALENTS TO HELP OTHER PEOPLE? _____

HOW DOES MY PERSONALITY MAKE ME A GREAT PERSON? _____

Dear Me,

