AGES 12–18 ACTIVITY

Who Am I Beyond What People Think of Me?



WHAT THIS IS

What others say about you is not the whole truth. This activity helps you separate their view from your own.

HOW TO USE IT

1. Fill in what others say or assume about you.
2. Write what is actually true for you.
3. Circle the version that feels most like you.

EXAMPLE

"Others say: 'quiet.' I know: I'm thoughtful and I notice a lot."

What people say or assume	What I know is true about me

Words I choose for myself

_____

_____

_____

Who I am becoming

_____

_____

_____

Your worth is not up for vote.

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