

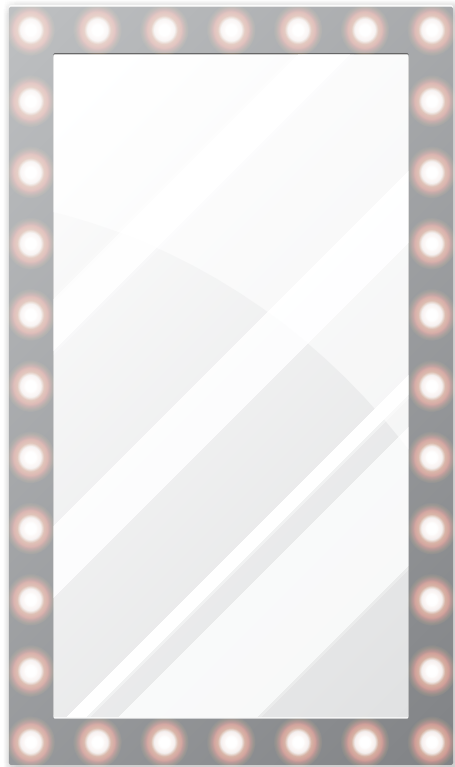
Healthy bodies, healthy minds

My reflection

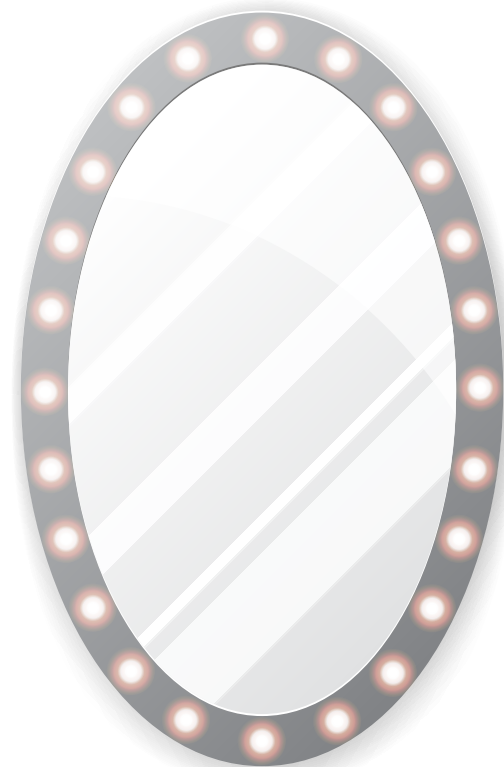


Fill in the mirrors. Remember – this is your reflection of yourself!

Things I am good at



Things I like about myself



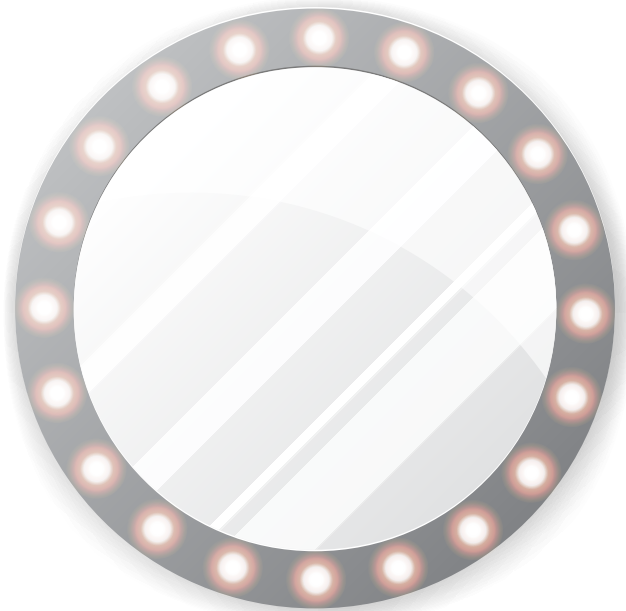
Healthy bodies, healthy minds

My reflection



Fill in the mirrors. Remember – this is your reflection of yourself!

Things I would like to get better at



Things I am proud of

