



I feel happy when...

*(Think about home and school, family and friends)*

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I am proud of... because...

*(Something I am proud of about myself, and/or my brothers/sisters/family members, and/or goals for the future)*

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I feel worried about...

*(Think about home and school, family and friends)*

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Me and my family need to make the following changes to make things right...

*(Changes to the way things are at home, changes to things relating to my future, changes to my worries above)*

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