

Lesson 1:1: Picture of Self

Draw a picture of yourself in your favorite place. Ask yourself questions like: What are things I like about myself? What are my favorite things to do? What are positive words to describe me? What is good? What is hard? What do I want to do?

Thinking about these things and drawing your picture is one way to discover and Notice the Goodness in yourself and others.

Name _____ Date _____

I AM Noticed

