

Fill in this shield to help you to see all the amazing things you can do, and have done. The reason it's in a shield shape? Shields are there for our protection. To protect us from any of the bad stuff life might throw at us, so use this worksheet as a way of protecting you from anything negative but also to help you see that you are enough.

A large shield shape divided into four equal quadrants by a vertical and a horizontal line. Each quadrant contains a label in a handwritten-style font:

- Top-left quadrant: Achievements
- Top-right quadrant: Skills & Abilities
- Bottom-left quadrant: Hopes & Dreams
- Bottom-right quadrant: Personal Qualities