



Name: _____

Date: _____

To gain a better understanding of yourself, fill in the six sections below.

1 Draw one thing that you do very well.

2 Draw yourself the way that you think others see you.

3 Imagine you had only one year to live. What would you do with that year?

4 Identify the two people who mean the most to you.

5 Draw the one thing you are the proudest of.

6 Draw your favorite place to be.

THE WHOLE ME

MENTAL HEALTH COAT OF ARMS

The diagram is a hand-drawn shield-like shape divided into eight sections by a vertical line, a horizontal line, and two diagonal lines. The top edge is curved, and the bottom edge is also curved with a small notch in the center. The sections are numbered 1 through 8.

1. Something important I've Learned	3. Goal Next 10 Years
2. TO ME I'M...	4. TO MY FRIENDS I'M...
5. Happy Experience	7. Sad Experience
6. TO MY PARENTS I'M...	8. TO MY TEACHERS I'M...