

AVATAR OF YOUR IDEAL SELF

This activity is designed for us to start building a relationship with ourselves and to better understand who we are. Sometimes who we present to the world is not how we're being perceived. Reflecting inwards will allow us to be pushed closer to who we're supposed to be and who we want to be.

SUPPLIES NEEDED



Writing Utensil



Avatar Worksheet

DIRECTIONS:

1

DESIGN

Use the avatar worksheet to design an image of your ideal self. While creating this image think about who you are, what makes you who you are,

2

REFLECT

After designing your ideal self as an avatar, use the prompt questions to reflect inward.



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AVATAR OF YOUR IDEAL SELF

Use the area below to draw your avatar or to glue it down if you used photos or an app:



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Once you have designed your avatar, answer the reflection questions below.

WHO ARE YOU?

WHAT MAKES YOU WHO YOU ARE?

WHO DO YOU WANT TO BE?

WHAT ARE YOUR INTENTIONS?

WHAT DO YOU NEED TO BECOME YOUR TRUEST SELF?



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