

5 GREAT THINGS ABOUT ME

A Self-Awareness Workbook Series

Different versions.
Same goal.
Helping you see your strengths, celebrate you, and thrive.

A collection of strengths-based workbooks designed to help autistic individuals of all ages build self-awareness, confidence and connection.



Build confidence by noticing strengths.



Support growth through reflection and goal setting.



Encourage connection, understanding and inclusion.



Practical tools for everyday life at home, school and beyond.



Celebrate who you are. You matter. Always.



Strengthen relationships and build belonging.

6 VERSIONS. MADE FOR YOU.

CHILD EDITION

Fun, friendly and engaging for younger learners.



TEEN EDITION

Relatable and supportive for tweens and teens.



ADULT EDITION

Thoughtful and empowering for autistic adults.



SCHOOL EDITION

Built for learning environments and classroom success.



CELEBRATING AUTISM: STRENGTHS & CONNECTIONS

Focused on autistic strengths, identity and pride.



FAMILY & CONNECTION EDITION

For families to explore, connect and grow together.



Because your story matters.
Your strengths are real. Your future is yours.
You are enough, just as you are.



5 Great Things About Me

A Self-Awareness Workbook Series

Every person has strengths. This workbook helps you notice yours.



ABOUT THIS WORKBOOK

This workbook is part of the 5 Great Things About Me series. It is designed to help autistic individuals of all ages notice their strengths, build self-awareness, grow confidence and celebrate who they are.

WHO IS IT FOR?

This workbook is for autistic children, teens and adults.

Each edition is written with different ages and needs in mind.

Use the one that feels right for you.

HOW TO USE THIS WORKBOOK



Take your time.

There is no rush. Go at a pace that feels right for you.



Be honest.

This is a space just for you. You can be 100% yourself.



Use it your way.

You can write, draw, type or talk about your answers.



It's okay to take breaks.

You don't have to finish everything in one go.



Come back anytime.

You can revisit pages whenever you need to.



Small things count.

Even tiny strengths are important and worth celebrating.

YOU CAN USE THIS WORKBOOK...



At home

On your own or with someone you trust.



At school

During quiet time, wellbeing sessions or whenever you need it.



In therapy or support sessions

With your therapist, support worker or counsellor.



Independently

Anytime, anywhere, that feels comfortable for you.

NO PRESSURE, EVER

- There are no right or wrong answers.
- Your feelings are valid.
- You don't have to share anything if you don't want to.
- It's okay if some days are harder than others.
- You are allowed to be proud of yourself.

TIPS FOR PARENTS, CARERS, TEACHERS & SUPPORTERS

- Offer encouragement, not pressure.
- Celebrate effort, not perfection.
- Listen without judgement.
- Help them notice strengths in everyday moments.
- Respect their pace and their process.
- Create a safe, supportive space to explore and grow.



REMEMBER...

Your strengths are real.
You are enough, just as you are.
You have something special to offer the world.
Your story matters.
The best thing about you is YOU.



Keep noticing the good things. Keep believing in yourself.

You are amazing. You are enough. You matter.





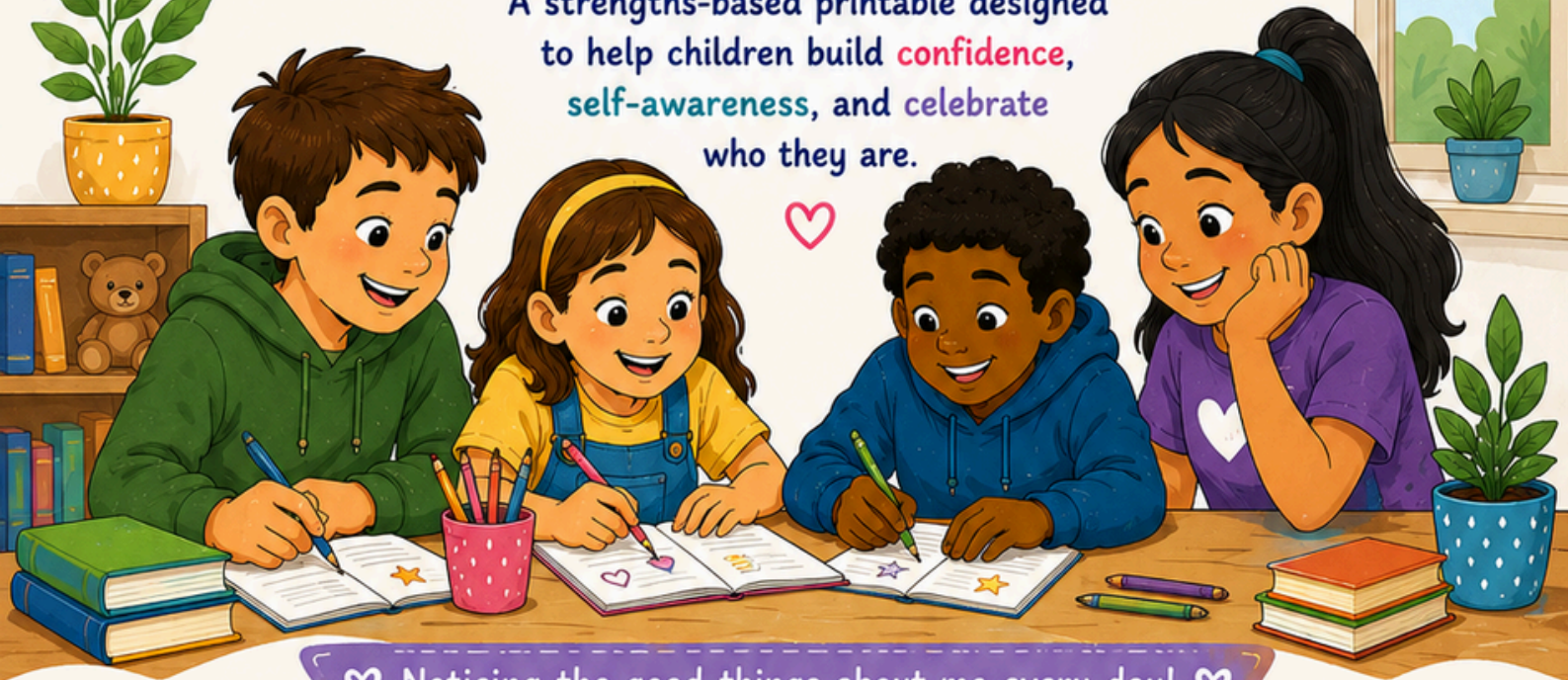
5 Great Things About Me

I am
unique.
I am capable.
I am enough.

My strengths.
My choices.
My future.

Child Edition

A strengths-based printable designed to help children build **confidence**, **self-awareness**, and **celebrate** who they are.



♡ Noticing the good things about me every day! ♡



I am
capable.



I am
important.



I can learn
and grow.



I can handle
challenges.



I am becoming
my best self.



I belong.
I matter.



Your story matters. Your strengths are real. **You are enough, just as you are.**



5 Great Things About Me

♥ Noticing my strengths. Celebrating me. ♥



★ There are so many great things about you!
 This sheet can help you notice your strengths,
 the things you're proud of, and the things
 that make you, **YOU**.
 You can draw or write your answers.

♥ WHY IS THIS IMPORTANT?






Noticing the good things about you can help you feel more confident, happy and proud of who you are.



SMALL REMINDER ♥

You are amazing just as you are.
 Keep being you!



- 1  Something I'm really good at _____
- 2  Something kind I did _____
- 3  Something brave I did _____
- 4  Something I enjoy _____
- 5  Someone who cares about me _____

ENERGY BOOSTERS






Things that make you feel better or give you more energy (examples)

-  Time alone or quiet time
-  Doing what you enjoy
-  Predictable routines
-  Low sensory environments
-  Good sleep and rest

Other: _____

ENERGY DRAINS

Things that may use up your energy (examples)

-  Social interactions
-  Busy or noisy places
-  Changes or unpredictability
-  Planning and decision making
-  Masking or hiding how you feel

Other: _____

♥ GENTLE REMINDER

Your energy is not a measure of your worth.
 It's a sign that your nervous system is working hard to help you navigate the world.

*You are allowed to rest.
 You are allowed to recharge.
 You matter.*



NOTES & REFLECTION ♥

- ♥ What patterns do you notice?

- ♥ What might help tomorrow?

- ♥ Anything you want to remember?





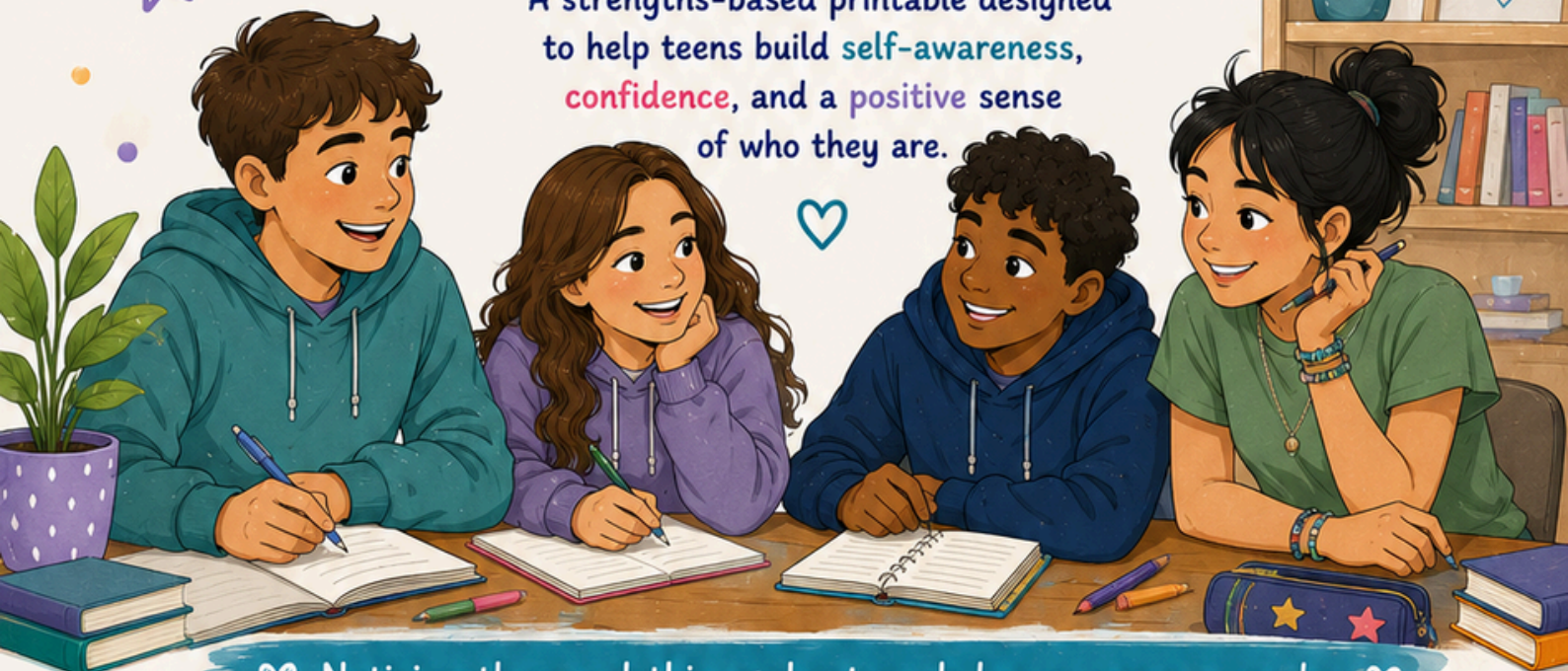
5 Great Things About Me

I am growing.
I am enough.
I am becoming the best version of me.

My strengths.
My choices.
My future.
My story.

Teen Edition

A strengths-based printable designed to help teens build self-awareness, confidence, and a positive sense of who they are.



Noticing the good things about me helps me grow every day.



I am capable.



I am important.



I can learn and grow.



I can handle challenges.



I am becoming my best self.



I belong. I matter.



Your story matters. Your strengths are real. You are enough, just as you are.



5 Great Things About Me

♥ Noticing my strengths. Celebrating me. ♥



★ You are so much more than school, stress or tough days. This sheet is a space to notice the things you're good at, the things you're proud of, and what makes you, YOU. Your strengths matter. Your voice matters. You can write, draw or list your answers. ♥

♥ **WHY IS THIS IMPORTANT?**
 Noticing the good things about you can help boost your confidence, get you through hard days, and remind you of your value when things feel overwhelming. You matter. Your strengths matter. ♥

1		SOMETHING I'M REALLY GOOD AT	♥ How did I get good at this?
2		SOMETHING KIND I HAVE DONE	♥ What impact did this have on someone?
3		A CHALLENGE I GOT THROUGH	♥ What helped me get through it?
4		SOMETHING I LIKE ABOUT WHO I AM	♥ How does this make me unique?
5		SOMEONE WHO BELIEVES IN ME	♥ What do they see in me?

THINGS PEOPLE MIGHT APPRECIATE ABOUT ME ♥

- ♥ my sense of humour
- ♥ my creativity
- ♥ my determination
- ♥ my loyalty
- ♥ my honesty
- ♥ my ability to listen
- ♥ my individuality
- ♥ my kindness
- ♥ my perspective
- ♥ my ideas
- ♥ my resilience
- ♥ my passion

Or something else: _____ ♥

ENERGY BOOSTERS 

Things that help fill my cup and give me energy:

-  Spending time with people I trust
-  Doing things I enjoy
-  Being in nature
-  Listening to music
-  Moving my body
-  Creating or expressing myself

Other: _____

ENERGY DRAINS 

Things that can drain my energy or make me feel stressed:

-  Too much noise or chaos
-  Lots of social pressure
-  Unclear or last-minute plans
-  Too many decisions
-  Feeling misunderstood
-  Not enough time to recharge

Other: _____

♥ **GENTLE REMINDER**

It's okay to have days that feel hard. It's okay to not be okay. What matters is that you keep going.

You are growing.

You are learning.

You are allowed to take up space.

You are enough. ♥

NOTES & REFLECTION ♥

♥ What is something I'm proud of right now? _____

♥ What do I want to remember about myself on a hard day? _____

♥ What is one small thing I can do for myself this week? _____





5 Great Things About Me

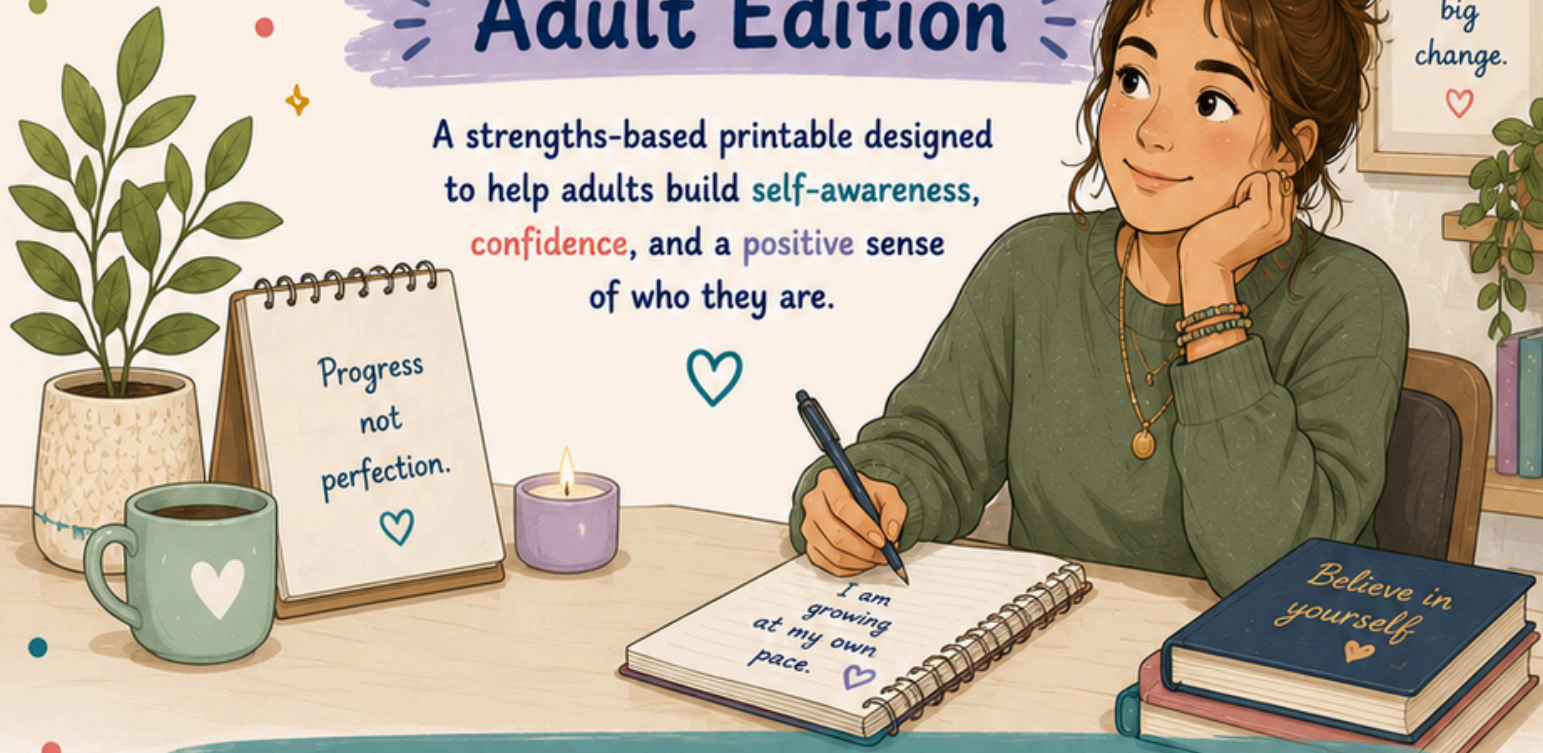
I am worthy.
I am enough.
I am becoming everything I was meant to be.

- ♥ My strengths.
- ♥ My values.
- ♥ My goals.
- ♥ My journey.
- ♥ My story.

Adult Edition

A strengths-based printable designed to help adults build self-awareness, confidence, and a positive sense of who they are.

Little steps create big change.



♥ Noticing the good things about me helps me build a life I love. ♥



I am capable.



I am important.



I can learn and grow.



I can handle challenges.



I am becoming my best self.



I belong, I matter.



Your story matters. Your strengths are real. You are enough, just as you are.



5 Great Things About Me




♥ Noticing my strengths. Celebrating me. ♥

★ You are more than your to-do list.
 This sheet is a space to recognise your strengths, your wins, and the things that make you, YOU.
 Take a moment for yourself. You deserve it.
 You are enough, exactly as you are. ♥

♥ WHY IS THIS IMPORTANT?
 Noticing the good things about you can help boost your confidence, remind you of your value, and support you through the hard days.
 Your strengths are real. Your impact is real. You matter. Always. ♥

1  **SOMETHING I'M REALLY GOOD AT** ♥ How does this help me or others?

2  **SOMETHING KIND I HAVE DONE** ♥ What difference did this make?

3  **A CHALLENGE I OVERCAME** ♥ What did I learn from this?

4  **SOMETHING I LIKE ABOUT WHO I AM** ♥ What do I value most about myself?

5  **SOMEONE WHO BELIEVES IN ME** ♥ How do they support me?

- THINGS PEOPLE MIGHT APPRECIATE ABOUT ME** ♥
- ♥ my reliability
 - ♥ my empathy
 - ♥ my sense of humour
 - ♥ my creativity
 - ♥ my work ethic
 - ♥ my ability to problem solve
 - ♥ my honesty
 - ♥ my communication
 - ♥ my resilience
 - ♥ my loyalty
 - ♥ my calm nature
 - ♥ my boundaries
- Or something else: _____ ☆

ENERGY BOOSTERS 

Things that refill my cup and help me feel more like me:

-  Time in nature
-  Spending time with people I love
-  Doing hobbies or creative things
-  Movement or exercise
-  Quiet time or solitude
-  Good food and rest

Other: _____

ENERGY DRAINS 

Things that take energy or leave me feeling overwhelmed:

-  Too much noise or chaos
-  People-pleasing
-  Unclear expectations
-  Too many commitments
-  Conflict or negativity
-  Lack of downtime

Other: _____

GENTLE REMINDERS 

- ♥ You are allowed to take up space.
- ♥ You are allowed to rest.
- ♥ You are allowed to change your mind.
- ♥ You are allowed to say no.
- ♥ You are allowed to not be okay.
- ♥ You are allowed to grow at your own pace.
- ♥ You are doing your best.
- ♥ That is more than enough. ♥ 

NOTES & REFLECTION ♥

♥ What strength did I use this week that I'm proud of? _____

♥ What helped me get through a difficult moment? _____

♥ What do I want to remember about myself? _____

♥ What is one kind thing I can do for myself this week? _____





5 Great Things About Me

Me

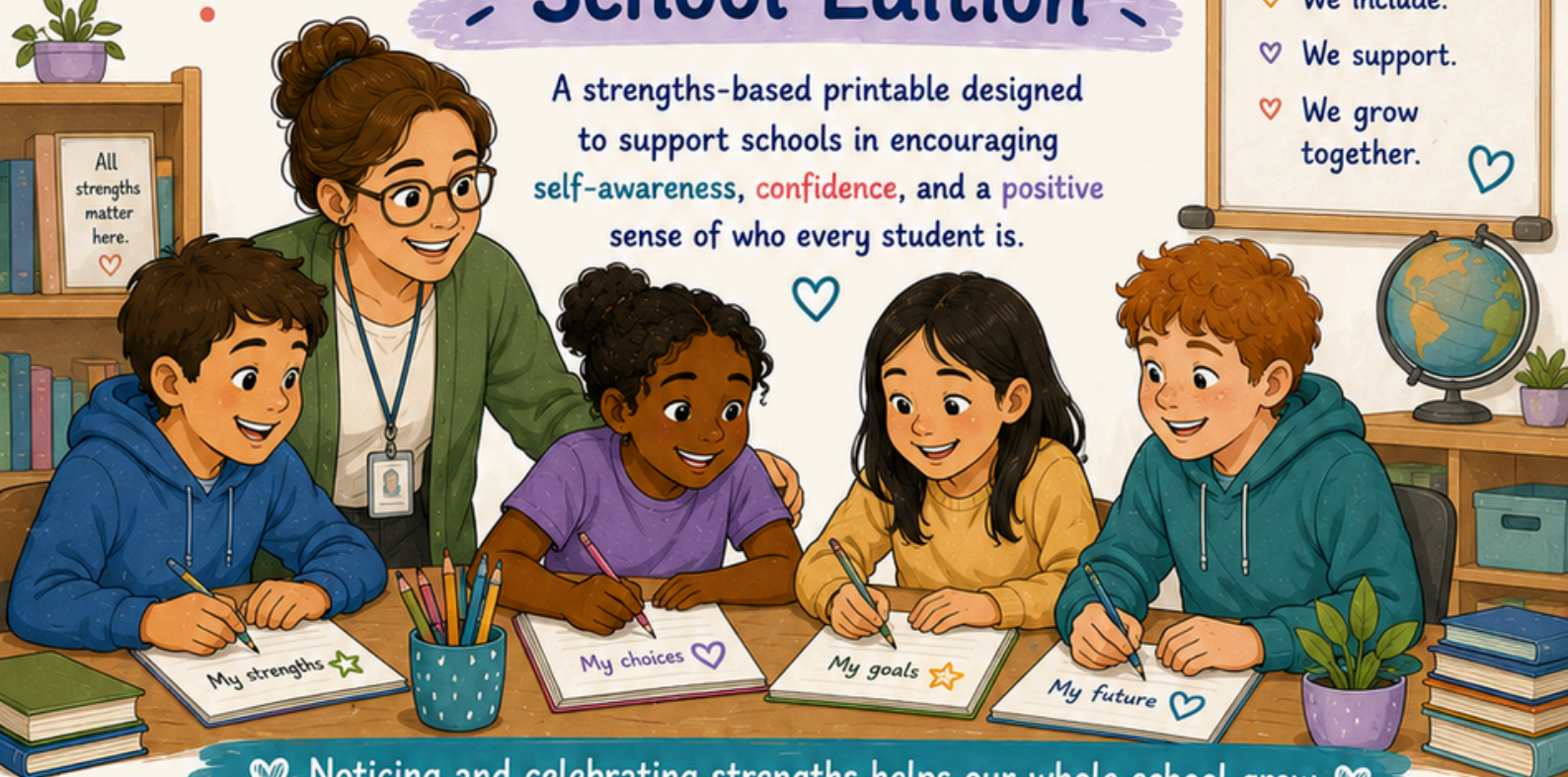
School Edition

Every strength makes our school a better place for everyone.

- We celebrate:
- Kindness
 - Different minds
 - Unique strengths
 - Inclusion
 - Belonging

- We acknowledge.
- We respect.
 - We include.
 - We support.
 - We grow together.

A strengths-based printable designed to support schools in encouraging self-awareness, confidence, and a positive sense of who every student is.



Noticing and celebrating strengths helps our whole school grow.



Every student has strengths.



Every student belongs.



Every student can learn and grow.



Every student is important.



Every student can succeed.



Every student matters.

Different minds. Unique strengths. One inclusive school community.
We all belong. We all grow. We all shine.

5 Great Things About Me

Noticing my strengths. Celebrating me.



School is a place to learn, grow and discover your potential.
 This sheet helps you notice what you're good at,
 what makes you proud, and what helps you thrive.
 You belong here. Your strengths belong here.
 You matter here.

WHY IS THIS IMPORTANT?
 Noticing your strengths can help you feel more confident, stay motivated, and handle challenges. It helps teachers and support staff understand what helps you do your best.
 Your strengths. Your voice. Your future.

1		SOMETHING I'M REALLY GOOD AT	What am I good at in school?
2		SOMETHING KIND I HAVE DONE	How have I shown kindness?
3		A CHALLENGE I OVERCAME	What was hard, but I kept going?
4		SOMETHING I LIKE ABOUT HOW I LEARN	What helps me learn or focus?
5		SOMEONE WHO SUPPORTS ME	Who believes in me or helps me?

- THINGS PEOPLE MIGHT APPRECIATE ABOUT ME**
- ♥ I try my best
 - ♥ I am honest
 - ♥ I have a great imagination
 - ♥ I work well with others
 - ♥ I am creative
 - ♥ I am a good listener
 - ♥ I pay attention to detail
 - ♥ I am persistent
 - ♥ I have a good sense of humour
 - ♥ I am organised
 - ♥ I am curious
 - ♥ I am reliable
- Or something else:

WHAT HELPS ME THRIVE AT SCHOOL

Things that help me feel calm, focused, safe or ready to learn:









-  A calm start to the day
-  Clear instructions
-  Breaks when I need them
-  A quiet place to work
-  Encouragement
-  Help when I'm stuck
-  Time to move my body
-  Knowing what to expect

Other: _____



WHAT CAN MAKE SCHOOL HARDER

Things that can be tricky or overwhelming:

-  Too much noise
-  Unclear instructions
-  Rushed or last-minute changes
-  Too many people around me
-  Lots of homework
-  Feeling ignored or not understood
-  Not enough time
-  Being worried about getting it wrong

Other: _____

GENTLE REMINDERS

- ♥ I don't have to be perfect.
- ♥ It's okay to ask for help.
- ♥ I can take breaks.
- ♥ Mistakes help me learn.
- ♥ I can try again tomorrow.
- ♥ I am allowed to be myself.
- ♥ I am growing every day.
- ♥ I am enough.



NOTES & REFLECTION

- ♥ What is something I am proud of at school right now? _____
- ♥ What helps me feel successful in class? _____
- ♥ What do I want teachers to know about me? _____
- ♥ What is one small goal I can work on this week? _____





5 Great Things About Me

My autism is part of me, but it does not define me.

My strengths are real.
My differences are okay.
My potential is endless.

Autism Strengths Edition

A strengths-based printable designed to celebrate the unique strengths, interests, and amazing potential of autistic individuals.

I am enough.
I am me.



♥ Celebrating who I am. Empowering who I can become. ♥



My way of thinking is valuable.



I am proud of who I am.



I can learn in ways that work for me.



My interests make me unique.



I have strengths others admire.



I can do amazing things.



Autism is not a limitation. It is a different way of experiencing the world.

≡ My strengths. My future. My way. ≡



5 Great Things About Me

♥ Celebrating autism: strengths and connections ♥

Autism is part of who I am –
 and it comes with so many strengths!

This sheet helps me celebrate the amazing things that make me unique, and connect with the people and things that support me.

My strengths are real. I am proud of who I am.



♥ WHY IS THIS IMPORTANT?

Understanding and celebrating autistic strengths can help build confidence, self-esteem and pride.

It helps other people understand me better, and supports me to feel accepted, included and valued.

My strengths matter.

My voice matters. I matter.

1		SOMETHING I'M REALLY GOOD AT	♥ What is a strength I have?
2		SOMETHING KIND I HAVE DONE	♥ How have I shown kindness?
3		A CHALLENGE I OVERCAME	♥ What was hard, but I kept going?
4		SOMETHING I LIKE ABOUT BEING AUTISTIC	♥ What makes being autistic part of me something special?
5		SOMETHING I'M PROUD TO SHARE ABOUT ME	♥ Who does this help or inspire?

AUTISTIC STRENGTHS I MIGHT HAVE

-  Noticing details others miss
-  Seeing things from a different perspective
-  Remembering facts and information
-  Deep focus and determination
-  Honesty and fairness
-  Creative and original thinking
-  Solving problems in unique ways
-  Loyalty and strong values
-  Thinking logically
-  Passion for my special interests

Or something else: _____

THINGS THAT HELP ME THRIVE

- ♥ Predictable routines
- ♥ Clear and honest communication
- ♥ Time to focus on my interests
- ♥ Sensory breaks
- ♥ Supportive and understanding people
- ♥ Knowing what to expect
- ♥ Having choices
- ♥ Other: _____

THINGS THAT CAN BE HARD

- ♥ Too much noise or bright lights
- ♥ Unexpected changes
- ♥ Social situations
- ♥ Too many things at once
- ♥ Not enough downtime
- ♥ When people don't understand me
- ♥ Shame or negative attitudes
- ♥ Other: _____

GENTLE REMINDERS

- ♥ I don't have to be perfect.
- ♥ It's okay to be my authentic self.
- ♥ I can take breaks.
- ♥ I am allowed to take up space.
- ♥ I am allowed to rest.
- ♥ I am enough, exactly as I am.

NOTES & REFLECTION

- ♥ What is one strength I am most proud of? _____
- ♥ How does being autistic help me every day? _____
- ♥ What do I want others to understand about autism? _____
- ♥ What is one goal I have for myself? _____





5 Great Things About Me

Strong connections help us feel safe, supported, and remind us we are never alone.

Connection looks like:

- ♥ Listening
- ♥ Sharing
- ♥ Supporting
- ♥ Laughing
- ♥ Belonging

Family & Connection Edition

A strengths-based printable designed to help families build connection, celebrate each other's strengths, and grow together.

Together is our favourite place to be.

We don't have to be perfect to be a perfect team.



♥ Strong families. Real connection. Lasting impact. ♥



We listen to each other.



We support each other's strengths.



We create a safe and kind home.



We grow better together.



We celebrate each other every day.



We belong. We are family.



We may be different, but together we are unstoppable.

≡ Connected hearts. Stronger together. ≡



5 Great Things About Us

♥ Celebrating our connection. Growing together. ♥

We all have wonderful strengths.
 When we notice them together, it helps us
 feel closer, understand each other better,
 and build a happy, healthy relationship.
 We are a team.



♥ WHY IS THIS IMPORTANT?


When we notice the good things in
 each other, we build trust, kindness,
 and stronger communication.
 It helps our family feel safe,
 supported and valued.

1  **SOMETHING I LOVE ABOUT MY CHILD** ♥ What makes them amazing?

2  **SOMETHING KIND THEY DID** ♥ How did this make a difference?

3  **A CHALLENGE WE GOT THROUGH TOGETHER** ♥ What did we learn about each other?

4  **SOMETHING I LOVE ABOUT MY GROWN-UP** ♥ What do I appreciate most about them?

5  **SOMETHING WE ENJOY DOING TOGETHER** ♥ Why is this special to us?

WAYS WE SUPPORT EACH OTHER

- ♥ We listen to each other
- ♥ We show kindness
- ♥ We include each other
- ♥ We give each other space when needed
- ♥ We celebrate our wins
- ♥ We help each other through tough times
- ♥ Other: _____

WHAT HELPS OUR RELATIONSHIP GROW

- ♥ Spending quality time together
- ♥ Talking openly and honestly
- ♥ Respecting each other's needs
- ♥ Being patient
- ♥ Having routines
- ♥ Laughing and having fun
- ♥ Saying "thank you"
- ♥ Other: _____

♥ GENTLE REMINDERS FOR US

- ♥ We don't have to be perfect.
- ♥ It's okay to have different needs.
- ♥ We can take breaks and try again.
- ♥ Love, respect and understanding help us grow together.

NOTES & REFLECTION

- ♥ What are we both proud of? _____
- ♥ What helps us feel connected? _____
- ♥ What can we keep doing more of? _____
- ♥ What is one goal for our family? _____

Our connection is our strength. Together, we can do great things.

-  We are a team.
-  We lift each other up.
-  We are stronger together.
-  We celebrate each other's strengths.
-  We belong to each other.
-  We grow, learn and thrive together.

We may be different, but **our bond** makes us unbreakable.



5 Great Things About Me

Final Thoughts

Remember:

- ♥ You have strengths.
- ♥ You are enough.
- ♥ You are important.
- ♥ You belong.
- ♥ You matter.

You are amazing - just as you are. ♥

This printable is a reminder that we all have strengths worth celebrating.

When we notice our strengths and share them with others, we build **confidence**, **connection**, and a stronger sense of self.

Together, we can celebrate what makes our family unique. ♥



Keep going! ♥

Keep noticing the great things about you and the people around you. Keep encouraging each other. Keep growing together. ♥

Ideas to keep the positivity going:



Share your strengths
Talk about what you're good at and proud of.



Give kind words
Compliment and encourage each other often.



Capture the moments
Take photos and make memories together.



Celebrate together
Celebrate wins, big or small, every day.



Be grateful
A little gratitude goes a long way.



Support each other
We're stronger when we lift each other up.

You are enough. You are loved. You belong.

Thank you for taking the time to explore and celebrate the 5 great things about you.

Keep shining! ♥

Your story matters. Your strengths are real. Your future is bright. ♥

