



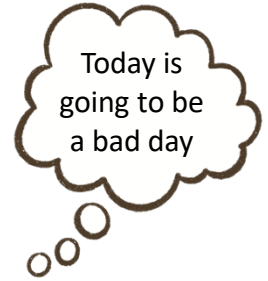
Name: _____

Date: _____

Georgie the Corgi's Insecurities

Negative Thought Bubble to Positive Thought Bubble

Change the negative thought to a positive thought by creating a new thought bubble.



Food for the Body and Food for the Soul

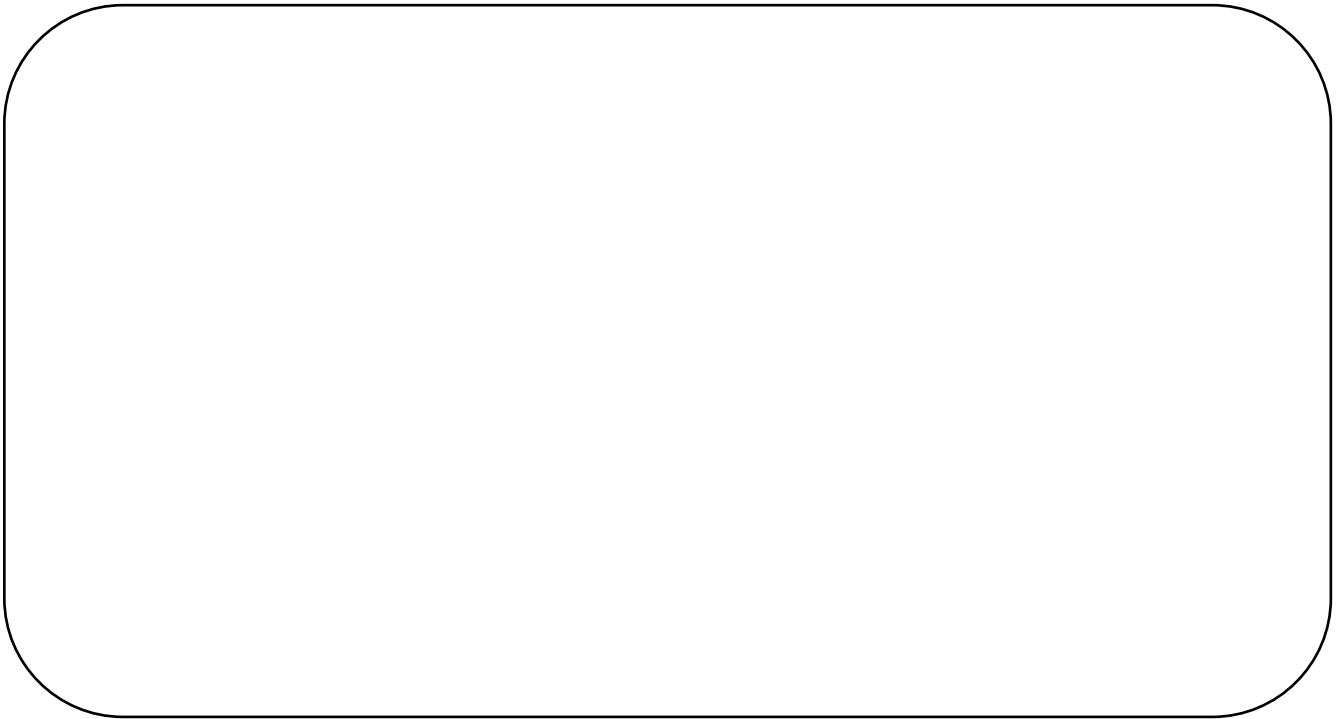
Draw the type of food that is for the body and the soul.

Food for the Body

Food for the Soul

What abilities are you good at?

Write or draw the abilities.



Who are the people you go to when you are feeling insecure?

List or draw the people that you can talk to about your insecurities?



Fill in the blank

Write the correct word in the blank.

1. When I am feeling anxious or uncertain about my abilities or do not feel enough, I am experiencing _____.
2. _____ is a feeling when I did something wrong or I am embarrassed about who I am.
3. When I am proud of who I am and my abilities, I am _____.
4. When I am feeling insecure, I can think of _____ thoughts and remember my strengths.

Word Bank

Positive
Shame
Confident
Insecurity

Words That are Right for Me

Write down the words that **YOU** want to describe you.

