



What I love about myself

A confidence-building worksheet for children with achondroplasia.

You are strong. You are special. You are you – and that's something to be proud of!

This worksheet is your space to celebrate what you like about yourself and all the amazing things your body and mind can do.

You can fill this out by yourself or ask a parent, family member, or another trusted adult to help. Feel free to write, draw, or decorate it in any way that feels right to you. When you're done, you can hang it somewhere special (like your wall, fridge, or locker) as a daily reminder of how awesome you are.

Let's get started!

You can write or draw your answers in the spaces below.

Three words that describe me are:

I'm strong because...

One thing I'm really good at is...

I'm proud of...

Something that makes me happy is...

My body helps me do cool stuff like...

One thing I like about how I look is...

I'm a good friend because...

A time I felt brave was when...

Use the space below to draw a picture of something you love about yourself – your smile, your strength, your favorite activity, or anything else that makes you proud!