

POSITIVE ME PASSPORT

CBT FOCUS: POSITIVE SELF-TALK AND FUTURE PLANNING
GOAL: TO ENCOURAGE OPTIMISM AND CONFIDENCE.

A BIT ABOUT ME:

MY NAME IS:

I'M PROUD OF MYSELF FOR:

SOMETHING I'VE DONE THAT WAS BRAVE:

WHEN I FEEL UNSURE, I CAN REMIND MYSELF:

PASSPORT TO SECONDARY SCHOOL:

- 1 THING I'M LOOKING FORWARD TO:
- 1 PERSON I CAN GO TO FOR HELP:
- 1 THING I WILL TELL MYSELF ON MY FIRST DAY



PSYCHOLOGICAL
THERAPIES