

# My Well-Being Profile

Think about your well-being and finish each sentence in the puzzle pieces!

**My Well-being Profile**

Name: \_\_\_\_\_

1. My strengths and talents are...

2. I'm grateful for:

3. I help others by:

4. I feel good about myself when...

5. Others can help me by...

6. My favourite fun activity is.

7. I stay healthy by...

