

Worksheet for Adults: The Moon of Uniqueness



1. Reflection on Being Authentic

Write in a few sentences:

o When do you feel completely yourself?

o Are there situations where it's hard for you to be authentic? Which ones?

2. Your Own Strength

Draw a symbol that represents your uniqueness. Think of an animal, a shape, or something that makes you strong and special. Write a short explanation to go with it.

3. Listening to Yourself

Take a moment of silence. Place your hands on your heart and ask yourself: What do I need to stay true to myself? Write down what your heart tells you.
