

Name: _____

Date: _____

More & Less

Use this worksheet to explore changes that you would like to make about yourself
What are traits that you wish you were more of? What things do you wish you would do less?
Talk about what would happen if you made these changes

I wish i was More...

1. _____
2. _____
3. _____
4. _____
5. _____

I wish i was Less...

1. _____
2. _____
3. _____
4. _____
5. _____