

BEING EXTRAORDINARY



Revisit this activity as regularly as you need until it becomes habit that you recognise how amazing you are.

How are you extraordinary?

What are the good things about being extraordinary?

What are the amazing loveable things about you?

Who in your life makes you feel loveable?

Who doesn't make you feel loveable and how can you reframe your thoughts about them so their negativity doesn't impact you.

How can you improve your social interaction/connections? When will you do it?

What can you model to inspire other people who feel different, how can you help them?