

# DOODLE SELF

This activity is all about YOU!

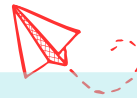


Have you ever wondered what your “self” comprises? Think about your likes, strengths, personality traits, relationships, hobbies, and interests. Now, as you start picturing yourself, doodle everything that comes to your mind. Use colours, symbols, and shapes, and draw whatever comes to mind to represent yourself.

You can refer to the following prompts to engage in some self-reflection based on your artwork, feel free to grab a pen and paper to write down your thoughts and responses to these questions:



**1: What stands out in your artwork?** Take a moment to colour the area/outline the part of the artwork that stands out for you.



---

---

---

---



**2: Now, with the element that stands out for you, do you think it says anything about how you prioritise various aspects of yourself?**

(For example - does your artwork consist of elements that represent your relationships more than it comprises elements of your interests and hobbies?)



---

---

---

---





3: Is there something missing in your artwork that you would like to add more of? (For example - more time with self, more supportive relationships, more hobbies and interests, and the like)

-----  
-----  
-----  
-----



4: What are some thoughts that came up for you about yourself, while engaging in this activity?



-----  
-----  
-----  
-----



5: How did you feel when you were doing the activity? (Feel free to use the emotion and sensation wheel toward the end of this worksheet)

-----  
-----  
-----  
-----



