

# *I Am OK*

**Directions:** Read the short passage below. Then write about your skills in the spaces provided below.

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***No one is perfect.  
Everyone does something well.  
Everyone has faults.  
Everyone is okay, even though he or she is not perfect.***

These are the things I can do well:

These are some things I need to improve upon:

This is why I am OK just the way I am:

Signature:

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Date:

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