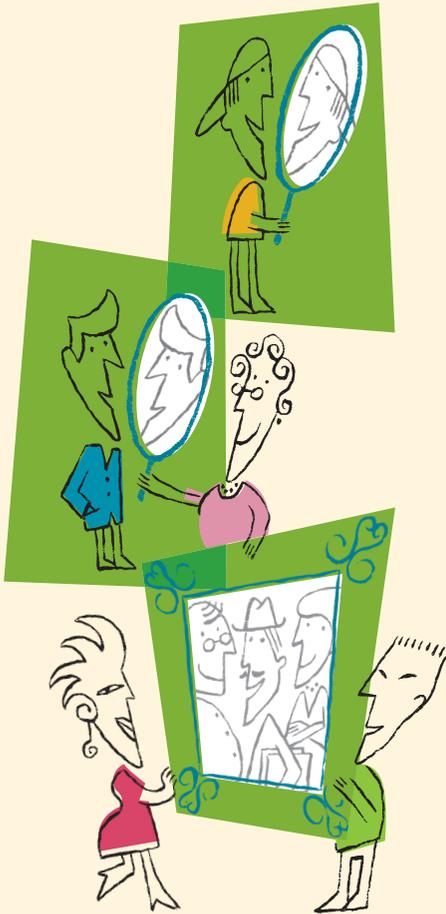


Signets anglais (recto)

SELF-ESTEEM > IDENTITY

RECOGNITION
EVERYONE WINS



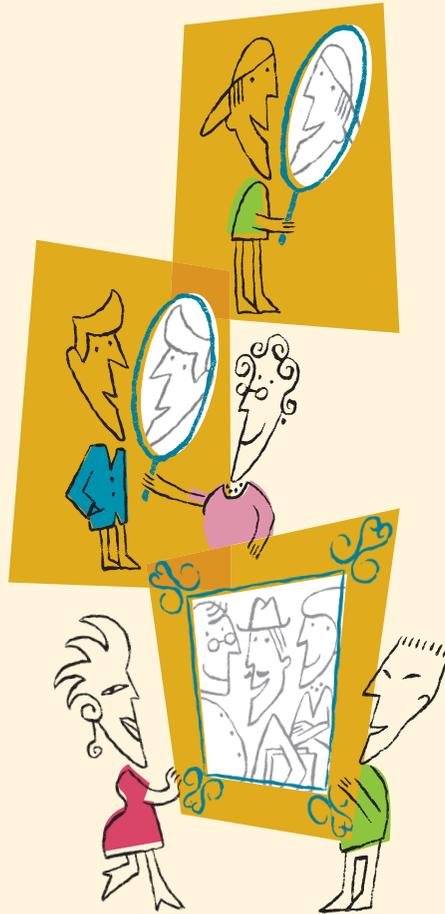
Having a healthy
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signet 1 anglais (recto)

SELF-ESTEEM > IDENTITY

RECOGNITION
EVERYONE WINS



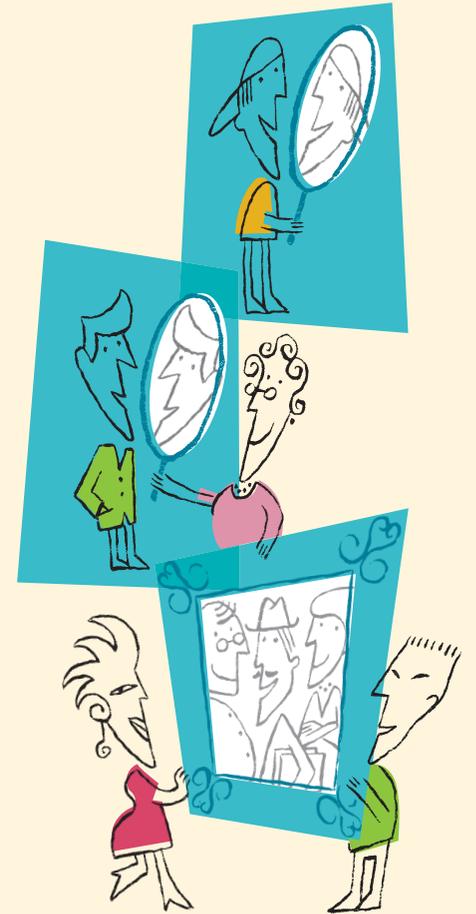
Having a healthy
mjnd is everyone's business

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signet 2 anglais (recto)

SELF-ESTEEM > IDENTITY

RECOGNITION
EVERYONE WINS



Having a healthy
mjnd is everyone's business

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signet 3 anglais (recto)

Signets anglais (verso)

If you're going to like yourself, you need to **know yourself**.

- What makes you unique and special as a person? How are you different from your friends?
- What are the benefits of these differences?
- What are your special skills or talents?
- Which aspects of yourself would you like to improve?
- What do your family and friends do to acknowledge your strenghts? What do you do to acknowledge the strenghts of other people?

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signet 1 anglais (verso)

If you're going to be well-grounded, you need to **know yourself**.

- What are your emotional, intellectual, physical and spiritual strenghts? What strenghts do you bring to your relationships with others?
- Which of your talents would you like to develop? What new habits would you like to develop? How do you plan to do this?
- What do your family and friends do to acknowledge your strenghts? What do you do to acknowledge the strenghts of other people?

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signet 2 anglais (verso)

If you want to be satisfied with your life, whatever your age, you need to **know yourself**.

- What are the three most positive words that you would use to describe yourself?
- What are your main strenghts and skills? How do you share these strenghts and skills with others?
- What do you do to acknowledge the strenghts of the people around you? What do they do to acknowledge your strenghts?
- Do you have any talents that you'd like to develop?

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signet 3 anglais (verso)