

INSIDE / OUTSIDE

You are invited to explore the “you” that you know on the inside and the “you” that people see on the outside. Sometimes the person we know on the inside is different than the person we let others see, sometimes it isn't. In the space below, use colors, images, shapes, and words to express the inside and outside you. Do you look confident on the outside but feel nervous inside? Is your outward personality different from what you feel? As you explore these different sides of yourself you might learn something new. Whatever comes out for you is OK – there's no right or wrong way.

INSIDE

OUTSIDE

