



4) Liste momentos em que você sentiu-se orgulhoso de você mesmo.

---

---

---

---

---

---

---

---

---

---

---

---

5) Liste pessoas com características que você admira e gostaria de incorporar (que você conheça ou fictícias).

---

---

---

---

---

---

---

---

---

---

---

---

6) Liste objetos, cenas, locais, símbolos que representam coisas positivas para você.

---

---

---

---

---

---

---

---

---

---

---

---