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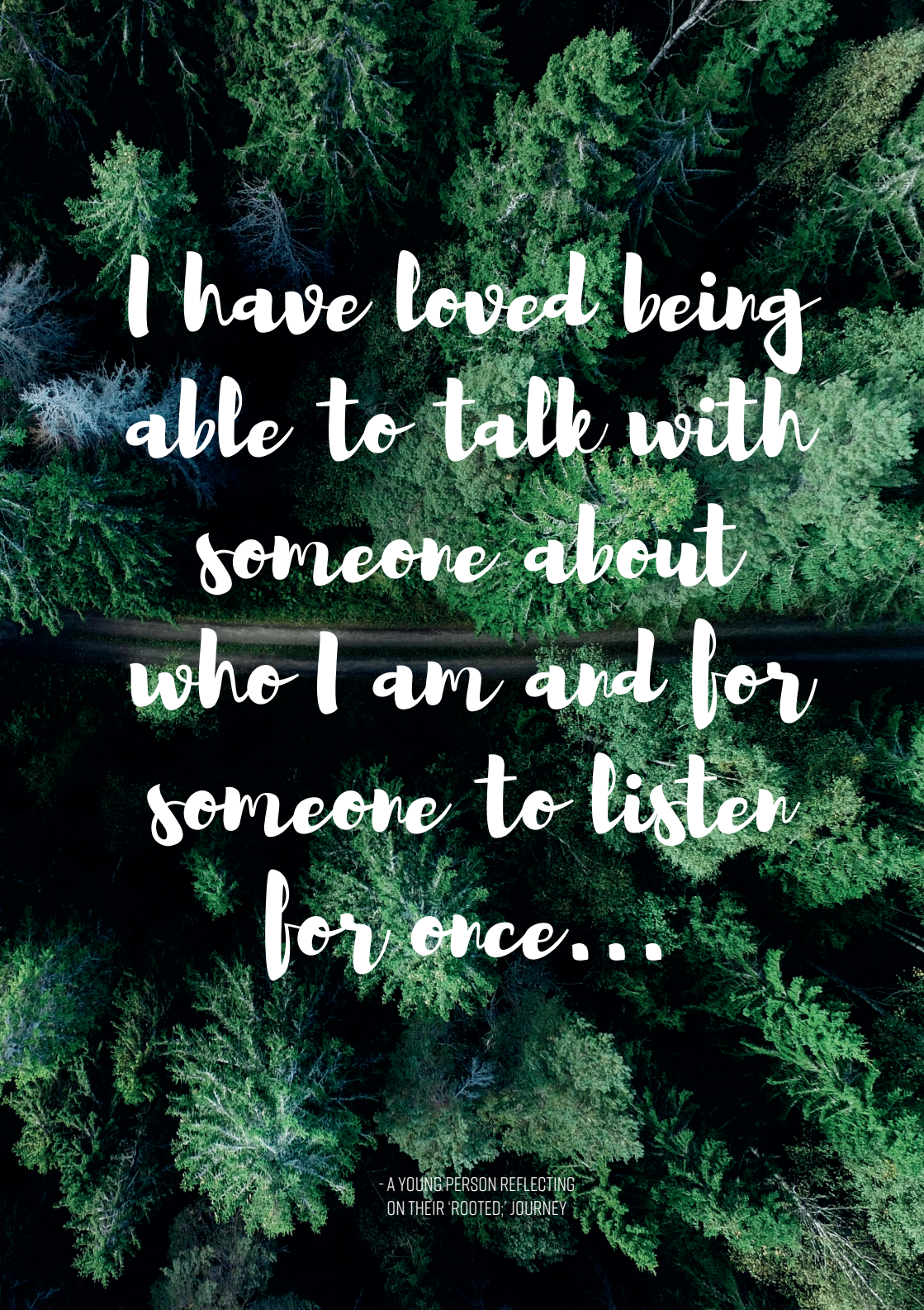
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An aerial photograph of a dense forest of evergreen trees, with a narrow dirt path winding through the center. The text is overlaid in a white, cursive font.

I have loved being  
able to talk with  
someone about  
who I am and for  
someone to listen  
for once...

- A YOUNG PERSON REFLECTING  
ON THEIR 'ROOTED' JOURNEY

# Who am I?

What makes you who you are? Is it the way you look, where you live, what you know, who you know, what your family and friends say about you, or is there more to it than that?

*What do your friends and family say they like about you?*

*What can you do that very few other people can?*

*What do you like about yourself?  
What do you want to change?*

*Have you ever wondered what God says about you?*

Take some time to reflect on what makes you truly unique:

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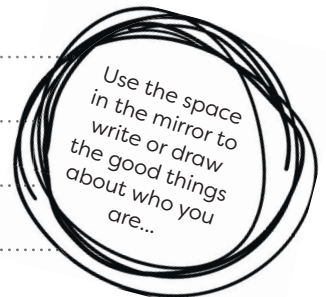
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*You are loved*

John 3:16

*You are known*

Jeremiah 1:5a

*You have a purpose*

Jeremiah 29:11

# 50 things...

What do you love about life? Take some time out and think about all the things that make you happy! Write or draw them on these pages...



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FOOD

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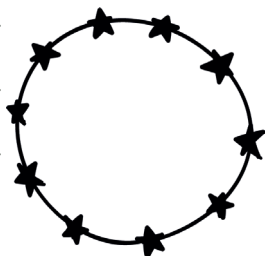
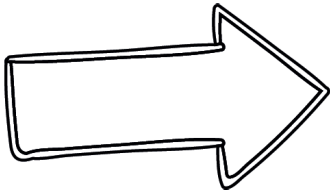
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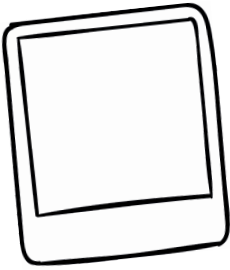
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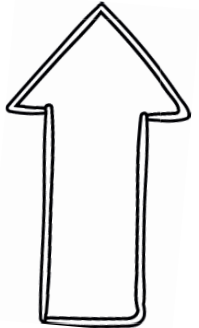
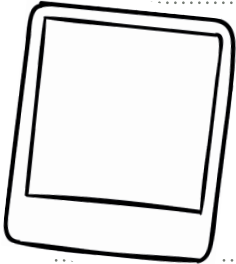
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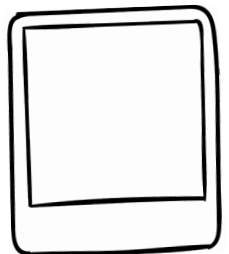
PEOPLE



What would  
your perfect  
day be like?



ANIMALS



# A typical day in the life of me...



You can choose a weekday or weekend - it's up to you - but pick a normal, regular day where nothing special happens and write it down here, reflecting on how you're feeling, what you're thinking and where you are...

Where am I?

What am I thinking?





What am I feeling?



What am I doing?



# My journey so far...

Map out your life on these two pages, highlighting the key things that have happened along the way... Obviously your birth is a good place to start - but you could also include starting school, meeting a particular friend, starting 'Rooted' or anything else that seems important to you...







A woman with her hair in a bun is seen from the back, looking at her smartphone. She is wearing a grey t-shirt and a gold chain strap bag. The background is a brick wall covered in colorful graffiti. The text is overlaid on the right side of the image.

*Speak to  
yourself as  
you would  
speak to  
someone  
you  
love...*

- Brene Brown