

# My True Self

“The Purpose of the one true God, exalted be His glory, in revealing Himself unto men is to lay bare those gems that lie hidden within the mine of their true and inmost selves.” —Bahá’u’lláh

**D**o you ever find it hard to just “be yourself”? Sometimes we feel shy or worry about what other people think of us. It helps to remember that we’re all born with spiritual qualities that shine like radiant gems when we use them. Virtues—like honesty, love, creativity, and compassion—help us be our best.

In order to “be yourself,” act in a way that feels genuine and

comfortable. This can be tricky sometimes, since we’re always changing and growing. But one way to try to know yourself better is to think about your feelings, goals, and dreams. Write answers about them below. You may want to share them with friends or family, and ask if that matches what they see in you.

Let your unique qualities shine to bring joy to yourself and your community.

Name: \_\_\_\_\_

My idea of a perfect day:

Some of my heroes are:

Some of my virtues or talents:

An achievement that made me feel good:

A good friend is someone who:

If I could travel in a time machine, I’d go to:

A Bahá’í teaching or prayer that I love:

When I grow up, I want to be:

A natural wonder that I think is awesome:

One of my favorite ways to help others:

If I could go anywhere in the world, I’d go to:

When I’m down, I get a lift from:

If I could be an animal for a day, I’d be:

A skill I’d love to have: