



My Sentence Completion Worksheet

Finish each sentence in your own words. There are no right answers, and nothing here is scored. Skip any stem you don't want to answer, and stop if something feels too heavy.

01 About me

Start with the easy ones. Say what's true, not what sounds good.

I feel most like myself when...

One thing people might not know about me is...

I'm good at...

People who know me well would say I am...

I'm happiest when I'm...

02 How I feel

Feelings aren't right or wrong. Just name them.

Lately I've been feeling...

What worries me most is...

I feel calm when...

I get frustrated when...

Something I'd like to feel more often is...

03 What matters to me

Your values and what you're drawn to.

What matters most to me is...

I lose track of time when...

I admire people who...

I'd like to spend more time on...

I'd like to spend less time on...

04 Me and other people

How you are with the people in your life. Leave out anyone you'd rather not write about.

I feel supported when...

I find it hard to ask for...

I wish people understood that I...

When someone I care about is upset, I usually...

Something I'd like to say to someone, but haven't, is...

05 Looking after myself

When I'm struggling, what helps me is...

I'm hardest on myself about...

A kinder thing I could say to myself is...

I need more...

I'm proud that I...

06 Looking ahead

In a year, I'd like to be...

Something I'd like to try is...

What's holding me back is...

One small step I could take this week is...

I'm looking forward to...

When you're done, a moment to reflect

- Which stem was easiest to finish? Which was hardest, or the one I skipped?
- Was there an answer that surprised me when I read it back?
- Is there anything I wrote that I'd like to look at again in a month?
- Is there a stem I'd like to write more about on a blank page?
- What do I want to do with what I wrote: nothing, keep it, or talk it over with someone I trust?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life. Fill it in online and it saves as you go: selfgrowth.org/worksheets/sentence-completion-worksheet



If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.