



**'I feel
listened to,
respected and
valued.'**

Journal 2 in our 'I Statement' Series

This journal belongs to:

Date started:



**‘I feel listened to,
respected and
valued.’**



The second journal in our series will help you to explore what it means to feel **listened to, respected and valued**.

Everyone deserves to feel listened to, respected and valued.

This journal will help you think about what each of these words mean to you and how the people in your life listen to you, show you respect and make you feel valued.

Who is your favourite person or people to speak to?

Write about why you like to speak to them in the box below (there are some suggestions in the circles):

*“They
make
me feel
special”*

*“They
listen
to me”*

*“They
make me
laugh”*



What makes a good listener?

Think about your favourite person to speak to. What do they do that makes you feel listened to? Write your thoughts in the speech bubble.

A large, white, irregular speech bubble shape with a yellow pencil icon at its top right tail, intended for the user to write their thoughts.

Ideas: They show an interest in me, they remember what I said and they ask questions.



How does it feel when you are listened to?

Think about if it makes you feel happy, appreciated, understood or something else. Write down your thoughts below:

A large white rectangular area with rounded corners, intended for writing. It features six yellow stars arranged in two columns of three. A yellow pencil icon is at the top right corner.

Respect

Respect is a feeling towards others where you admire someone, and you care about their feelings, wishes and rights. Respect for others can grow into feelings of friendship or warmth, and it's important to show respect to people and that you feel respected by others too.



What are the best ways that people can show you respect?

Think about what a person could say or do to show you respect. Write or draw your thoughts below:



Suggestions:

Talking to me about things I like • Remembering my name • Not talking over me

Being Valued

When someone values you, they like you for who you are. They think you are important and worthy of their time and effort. Everyone deserves to feel valued.

What are the best ways that people can show they value you?

Think about what a person could say or do to show that they value you. Write or draw your thoughts in the box below.



“People show they value me by listening and being kind, even in small ways like checking in or saying ‘thank you’”

The people in my life

Make a list of the important people in your life.
What makes them special to you?

Who	Why are they special?



Reflections

What is the main thing you have learned about feeling listened to, respected and valued? Write down your reflections in the boxes below:



What have you learned about being a good listener?



What have you learned about feeling respected?



What have you learned about feeling valued?



Get Creative

This journal is about feeling listened to, respected and valued. Use this space to write, draw, doodle, collage or add anything that shows you feeling listened to, respected and valued.



**Creative
Mission
Competition**

We are bringing back our
Creative Mission Competition for 2026.

Send us a picture of the back page of this journal
for your chance to win a We Care Hoodie!

Send your work to **marketing@creativesupport.co.uk** to be
entered into our monthly Creative Mission Competition.

