

Self Reflection - Who am I?

Name: _____ Class: _____

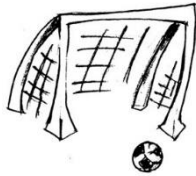
Adjectives: Words used to describe something.

Circle all of the adjectives that describe you.

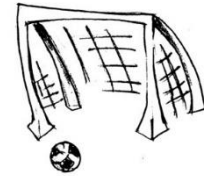
funny bright fearless confident unique beautiful
lovely happy optimistic friendly creative
fun bubbly wonderful faithful ambitious calm
honest successful capable amazing lively radiant
helpful enthusiastic energetic athletic delightful
welcoming interesting dedicated outgoing
awesome clever cooperative loving joyful peaceful
brave careful cheerful responsible adventurous
polite focused imaginative passionate serious kind
charming loyal proud positive thoughtful
active caring hardworking healthy intelligent

What's missing?

Look at the adjectives you did not circle. What are some of the things holding you back from feeling like those adjectives apply?



1...2...3...GOAL SET!



Goal setting is a powerful process for thinking about your ideal future, and for motivating yourself to turn your vision of this future into reality. The process of setting goals helps you choose where you want to go in life.

Part of making the future a reality is working on ourselves and worrying less about others. To do this, we will pick a part of personality we feel is missing and make a goal on how we can make changes.

Pick one adjective from you “What’s missing?” list.

Adjective: _____

1...2...3...ACTION PLAN!



List three actions you can do to help your chosen adjective apply to you.

1.

2.

3.

VISUALIZE YOUR GOAL: Let’s make some art!