

* How I View Myself and How Others View Me *

Name: _____

HANDOUT [A] - TOP FIVE THINGS I KNOW ABOUT MYSELF

List some traits that you would use to describe yourself and reflect on what that could mean in a work/school environment

| I am... | Which means I... |
|--------------------------------|--|
| E.g. Punctual E.g. Friendly | Respect deadlines Thrive in a group setting |
| 1. | |
| 2. | |
| 3. | |
| 4. | |
| 5. | |

*Activity adapted from Brian Harris, B.A., M.Ed

HANDOUT [B] - HOW I VIEW MYSELF

Decide if the following qualities are: **always**, **sometimes**, or **never** like you and check the corresponding boxes in the chart below.

| Quality | Always | Sometimes | Never |
|------------------|--------|-----------|-------|
| I AM RELIABLE | | | |
| I AM PUNCTUAL | | | |
| I AM HONEST | | | |
| I AM POSITIVE | | | |
| I AM HARDWORKING | | | |
| I AM HAPPY | | | |
| I AM KIND | | | |
| I AM STUBBORN | | | |
| I AM CREATIVE | | | |
| I AM INTELLIGENT | | | |
| I AM SELFISH | | | |
| I AM OUTGOING | | | |
| I AM CONFIDENT | | | |
| I AM LOYAL | | | |
| I AM HUMOUROUS | | | |
| I AM FRIENDLY | | | |
| I AM CAPABLE | | | |
| I AM WITHDRAWN | | | |
| I AM CURIOUS | | | |
| I AM AMBITIOUS | | | |
| I AM COMPULSIVE | | | |

HANDOUT [C] - HOW OTHERS VIEW ME

Check off the qualities your family, peers, and teachers think you have in the chart below. Check off all that apply.

| Quality | Your Family | Your Peers | Your Teachers |
|-------------|-------------|------------|---------------|
| RELIABLE | | | |
| PUNCTUAL | | | |
| HONEST | | | |
| POSITIVE | | | |
| HARDWORKING | | | |
| HAPPY | | | |
| KIND | | | |
| STUBBORN | | | |
| CREATIVE | | | |
| INTELLIGENT | | | |
| SELFISH | | | |
| OUTGOING | | | |
| CONFIDENT | | | |
| LOYAL | | | |
| HUMOUROUS | | | |
| FRIENDLY | | | |
| CAPABLE | | | |
| WITHDRAWN | | | |
| CURIOUS | | | |
| AMBITIOUS | | | |
| COMPULSIVE | | | |

HANDOUT [D] - REFLECTIONS

REFLECTION – HOW I VIEW MYSELF

1. Make a list of **up to six** statements you rated **never**:

- a.
- b.
- c.
- d.
- e.
- f.

2. What does this say about you? Are you proud of this rating?

3. Make a list of **up to six** statements you rated **always**:

- a.
- b.
- c.
- d.
- e.
- f.

4. What does this say about you? Are you proud of this rating?

REFLECTION – HOW OTHERS VIEW ME:

1. List the qualities that your family peers and teachers agree on. What does this say about you?

2. What qualities did others list for you that you disagree on?

3. What qualities do you feel you have to work on? Why?

4. What qualities are you most proud of? How can you use these traits to get forward in your life?
