

Discovering Who I Am

It is important to get to know yourself like you get to know your friends. As you grow up you will need to rely on yourself and your own set of skills and talents. You will need to be tenacious and know what you can do and what you stand for.

Take time to fill out this questionnaire. The answers will reveal clues that will help you get to know yourself. After you finish the questions, put together all of your clues to see what you have discovered about yourself!

OBJECTIVE

Students will spend time discovering things about themselves in an effort to build tenacity and confidence while increasing self-esteem.

COMPETENCY

Students will be able to write several sentences describing who they are and what they like to do.

MATERIAL

- Discovering Who I Am page (download)
- Pen or pencil

I like to read.

Yes No

The type of books I like to read are:

I like to write.

Yes No

The things I like to write about are:

I like technology.

Yes No

I like working with_____

I like to draw.

Yes No

I like to draw _____.

I like to paint.

Yes No

I like to paint

Pictures Abstract subjects

The colors I like to paint with are:

I like to sing.

Yes No

I like to sing _____ songs

I like sports.

Yes No

The sports I like to play are:

I like movies.

Yes No

The movies I like are:

I like to be outside.

Yes No

When I am outside, I like to:

I like cooking/baking.

Yes No

I like to cook/bake:

I like to sleep.

Yes No

I like to be active.

Yes No

I like to be by myself.

Yes No

I like to be around other people.

Yes No

People can tell I am happy when:

People can tell I am sad when:

People can tell I am mad when:

People can tell I am scared when:

People can tell I am nervous when:

My favorite things to do:

My favorite colors are:

I am really curious about:

I know a lot about:

Places I like to go:

What I discovered about myself:
