

## LEARNING ABOUT MY SELF

Directions: Circle the words that describe yourself.

honest	dumb	a quitter	too short	too tall
saving	afraid	a leader	helpless	go-getter
smart	patient	graceful	dishonest	courageous
admired	stupid	too fat	talkative	helpful
loving	fair	determined	uncertain	hardworking
certain	shy	a planner	stubborn	dependable
curious	rough	full of pep	thinker	fast-worker
lazy	phoney	attractive	energetic	popular
wanted	selfish	mannerly	fashionable	weak (physically)
neat	musical	muscular	loved	satisfied (with me)
sloopy	reliable	a failure	too thin	busy (most of the time)
pretty	creative	humorous	talented	not good-looking
kind	athletic	unloving	gentle	loyal (family, friends)
clumsy	critical	artistic	important	open-minded
trusting	truthful	cautious	blameworthy	hateful

List 5 things you like best about yourself.

1.

2.

3.

4.

5.

Select one quality about yourself that you would have circled a few years ago, but is no longer true. \_\_\_\_\_

Select one quality you would like to develop in the next few years.

What I learned about myself, today, is \_\_\_\_\_