



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

COMPARE AND CONTRAST – DISCUSSION QUESTIONS

1. What are the similarities?
2. What are the differences?
3. What quality do you admire about your partner and why?



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WITHDRAWN			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 [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I AM WITHDRAWN			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 [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?
