

How I See Myself

For each of the five areas below, identify two strengths and one weakness.

Physical - using my muscles & body for work & recreation.

Strengths: 1. _____

2. _____

Weakness: 1. _____

Mental- using my mind; the way I think & the way in which I solve problems.

Strengths: 1. _____

2. _____

Weakness: 1. _____

Emotional- how I feel about things & how my feelings help & hurt me.

Strengths: 1. _____

2. _____

Weakness: 1. _____

Social- how I am with others.

Strengths: 1. _____

2. _____

Weakness: 1. _____

Beliefs- the beliefs I have about life.

Strengths: 1. _____

2. _____

Weakness: 1. _____