



Understanding Myself Better

Some qualities I like about myself:

My loved ones would describe me as:

I really enjoy:

I am passionate about:

I am really interested in...

I really value:

What are my strengths? How do I best contribute in different situations?



I feel like I am at my best when...

**Things I am managing well
(and what is helping me
with it):**

**Some things I am doing currently that I would not be
able to do before:**

What motivates me...

**Who do I rely on
and why?**

My role models are...

What I admire about them is...

**My dreams are (what would
I like to be):**

Some things that I would like to work on/improve: