

## SELF-PORTRAIT

Draw a complete picture of yourself. Be sure to include both your positive and negative characteristics. What do you see? Is this what you see or what you think others see? Why do you see yourself in this way? Why do you think others see you this way? What would you change? Why would you make these changes? Who is responsible for making changes? Are these changes that you need or want to make or changes that others think you need to make?

