

Reflecting on Three Things

Sometimes we forget what defines who we are and who we are not. And yet, it is important to have a clear picture that represents ourselves.

In this worksheet we explore what defines us.

List three statements that define who you are:

- 1.
- 2.
- 3.

List three statements that define who you are not:

- 1.
- 2.
- 3.

List three things or objects that define who you are (for example, personal possessions, books, art, poems, quotes, symbols, etc.):

- 1.
- 2.
- 3.

List three relationships that define who you are (for example, mother, friend, etc.):

- 1.
- 2.
- 3.

List three things that you like best about yourself:

1.

2.

3.

List three things that you like least about yourself:

1.

2.

3.

List three people you admire most:

1.

2.

3.

What do you admire most about them?

1.

2.

3.

What three things could you do to change the world for the better?

1.

2.

3.