

KNOW YOURSELF

What does knowing about yourself mean?

Ability: Things that we are good at doing / things that other people recognize as our qualities / things that people often ask us to help with!

Interests: Things that you like to do / that make you happy / that you do in your free time!

We can always acquire new abilities and interests. There are many things that we have never tried yet. As our life experience grows; our abilities and interests also grow.

1. Identify your strengths.

Tick/circle the qualities, talents or skills that you have.

Qualities	Talent	Skill
<i>Honest</i>	<i>A good singer</i>	<i>Cook well</i>
<i>Hardworking</i>	<i>A poet</i>	<i>Play ___ (any sport)</i>
<i>Enthusiastic</i>	<i>A musician. I play ___</i>	<i>Use the computer</i>
<i>Friendly</i>	<i>An actor</i>	<i>Solve math problems fast</i>
<i>Helpful</i>	<i>An artist; a painter</i>	<i>Drive (car, jeep, tractor)</i>
<i>Sensitive</i>	<i>A good mimic</i>	<i>Speak English</i>

2. Complete the following statements with your strengths identified in the previous activity.

My name is _____

Write your first name and last name.

I am _____

Write 2 to 3 qualities from the list above, or something else.

I am _____

Write 1 or 2 talents from the list above, or something else.

I can _____

Write 1 or 2 skills from the list above, or something else.

3. Think and write about a time when you handled a difficult situation successfully. Organize it in the form of a story with a clear beginning, middle and a positive end..