Self Discovery
Worksheets

Name:

GLC20
Mr. Barter
Who Am I? Self Discovery

What are three words that describe you?
1.
2.
3.

What are three words your friends would use to describe you?
1.
2.
3.

What are three words your family would use to describe you?
1.
2.
3.

In what ways are these words related?

In what ways are these words different?
What are your values (things that are important to you)?

What are your beliefs?

Who helped shape your values and beliefs?

Using what you have learned about yourself, write a short personal vision statement. A vision statement is a broad, inspirational message about what you are trying to achieve. Your vision statement should encompass your personal values and beliefs.

For example, “I will always be true to family, friends and myself” or “I will try to give my all every day”. Your vision statement does not have to be long – just accurate and a true reflection of whom you are.
My Life is a Choice

Nearly everything you do in life is a choice. You choose to wake up, take a shower, eat breakfast, brush your hair, get dressed, eat, exercise, raise your hand in class, treat your family and friends a certain way and so on. You make thousands of choices every day! Write down all the choices you have made already today ... starting with the choice to get out of bed!
Friendships – Self-Discovery

• Have you ever seen a product that you thought was going to be really cool, but then were disappointed when you used it?

• Have you ever been to the grocery store and bought a food item that you thought was going to be really good because of the way it was packaged, but once you opened the package, you thought it was gross?

• Have you ever seen a commercial for a medication that promises to make your life better, but at the end lists a tonne of side effects? For this exercise, you will make a personal commercial about yourself. Write a paragraph about why someone would want to be friends with you. Say what is so awesome about you that the person should be friends with you.

For example: I am a good listener, funny, organized, have a great sense of humour, am good at sports, am fun to go to the movies with. Write your answer here:

Now write down the ‘fine print’. This means that you have to be honest and include the not-so-nice parts about you that you may need to work on to make more lasting friendships.

The fine print might look something like this: I sometimes make jokes at a friend’s expense; I like to be the centre of attention and will ditch my friends quickly if I get a boyfriend/girlfriend. Write your fine print here:

What did you learn from this activity? How can you use what you have learned to improve your friendships?