



Name _____ Date _____

All About Me

Directions: Write about yourself on the lines below.

1. List five to ten words that describe you. _____

2. What is your favorite hobby? _____

3. What kinds of activities are you involved in outside of school? _____

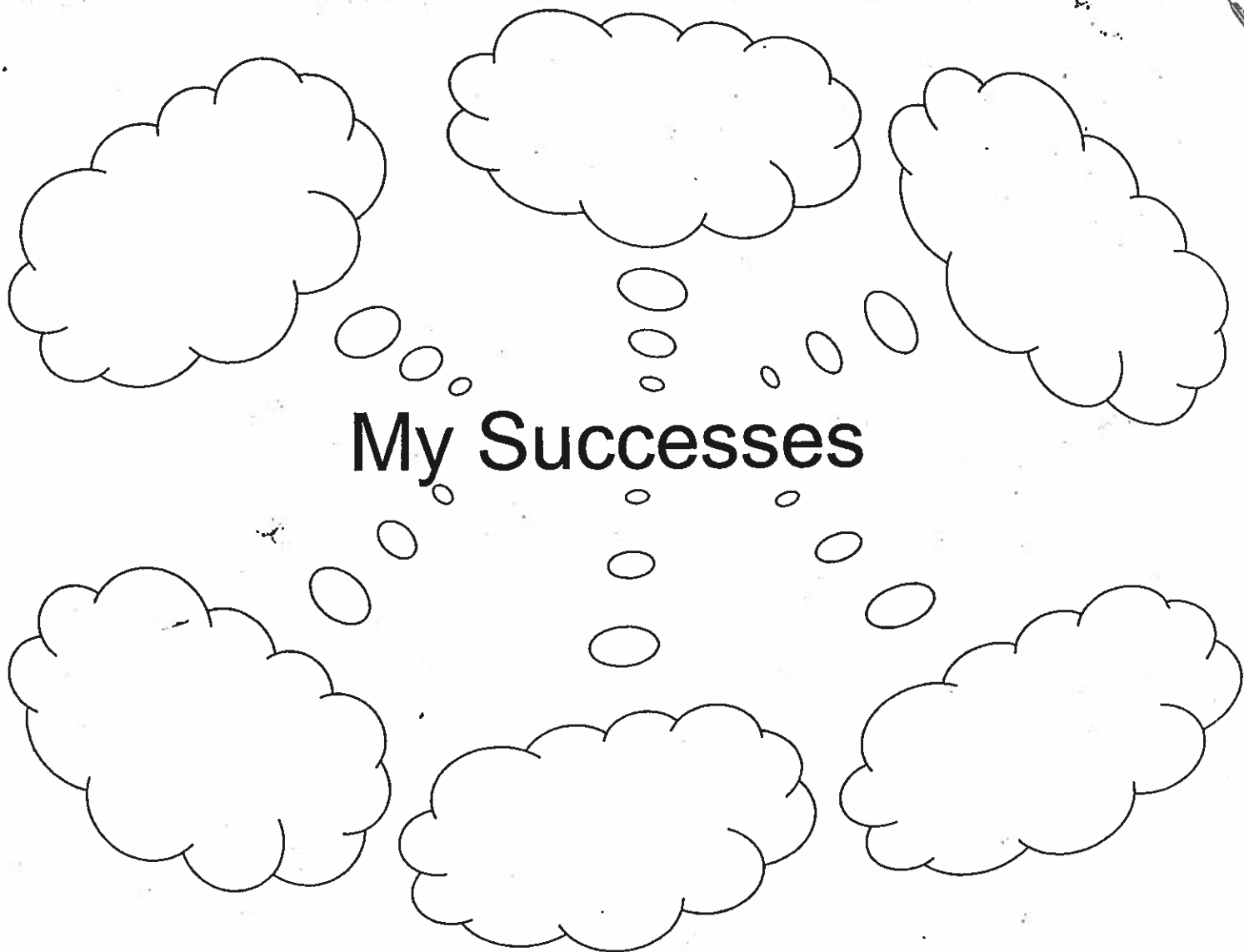
4. Is there someone you admire? Do you try to behave like this person? If yes, explain what you do to imitate this person. _____

5. What qualities do you like about yourself? _____

6. What qualities do people like about you? _____

7. What is your favorite book? _____
8. What is your favorite television show? _____
9. What is your favorite sport? _____
10. What is your favorite movie? _____

Use the mix-freeze-share strategy to share about yourself with your classmates. Start to mix around the room, freeze, and match up with a partner to discuss one of the questions from above. After a few minutes, mix again and discuss with another person.



Something to work on....

What do I need?

Name _____ Date _____

WORTH THE RISK?

The decisions you make in life always involve some risk. Some decisions that you make may involve great risk for your health, your self-esteem, your chance to be successful in life, and your happiness. However, it is always possible to make decisions that are less likely to bring great risk to you and your future.

Many times decisions that involve great risk are made because people do not understand the risk that is being taken. Often when poor decisions are made, it is because people do not have all of the information that they need and fail to get that information before they decide. People sometimes take risks because they are not willing to stand up for the things that they know are right. Some feel that it is easier to let others make decisions for them. Sometimes decisions are made involving risk when people do not believe that they can control their own destinies.

If you are going to make good decisions, you must know what things are important to you. You need to think about your willingness to stand up for the things that you believe are right. You must think about the things that you value. When you choose to make a decision to do something that you believe or know is wrong, you need to understand why you are willing to go along with such a decision. You are the one who must think about your decisions. You are the one who must determine if the decisions you make will be in your best interest or if they will only please someone else.

The following list of questions is designed to help you begin to think about your decision-making process. You may or may not want to discuss your answers with other people. However, to make good decisions, you must begin to identify how and why you make a decision. The things that you value determine the kinds of decisions that you will make. Read each of the following statements. If the item is important to you, place a plus (+) on the blank. If the item is not important to you, place a minus (-) on the blank.

- _____ 1. I would like to have more friends.
- _____ 2. I would like to have more confidence.
- _____ 3. I would like to have better clothes.
- _____ 4. I would like to lose weight.
- _____ 5. I would like to have more energy.
- _____ 6. I would like to make better grades.
- _____ 7. I like lots of pizza, sandwiches, candy, soda, and fast foods.
- _____ 8. I enjoy exercise.
- _____ 9. I spend lots of time watching television and resting.
- _____ 10. I would like to improve my physical appearance.
- _____ 11. Pleasing my friends is very important to me.
- _____ 12. Pleasing my parent(s) is very important to me.
- _____ 13. Preparing for my future is very important to me.
- _____ 14. Pleasing my teachers is very important to me.
- _____ 15. Being a good worker is important to me.



Name _____ Date _____

My Self-Esteem

Directions: Read the questions below and answer them.

1. Think about the messages you receive from your peers, your parents, and the media about how kids your age should look and act. Do you ever feel confused because peers, parents, and the media have conflicting expectations? Give an example.

2. What difficulties and pressures do you feel because of the messages and expectations from other people? _____

3. What can you do to deal with the issues discussed and to alleviate the stress caused by conflicting messages from different people? Create an action plan.

TRUE COLORS

(Kalil & Lowry, 1989; Used by permission)

(Rankings: 4 - 3 - 2 - 1: 4 most like you; 1 least like you)

Visualization

 Orange Gold Blue Green

Description

4 Orange Gold Blue 8 Green

Ranking Yourself: Word Groups

<u>1</u> active	<u> </u> parental	<u> </u> authentic	<u>2</u> versatile
opportunistic	traditional	harmonious	inventive
spontaneous	responsible	compassionate	competent

<u>3</u> competitive	<u>1</u> practical	<u> </u> unique	<u>2</u> curious
impetuous	sensible	empathic	conceptual
impactful	dependable	communicative	knowledgeable

<u>2</u> realistic	<u> </u> loyal	<u> </u> devoted	<u>1</u> theoretical
open-minded	conservative	warm	seeking
adventuresome	organized	poetic	ingenious

<u> </u> daring	<u> </u> concerned	<u> </u> tender	<u> </u> determined
impulsive	procedural	inspirational	complex
fun	cooperative	dramatic	composed

<u> </u> exciting	<u> </u> orderly	<u> </u> vivacious	<u> </u> philosophical
courageous	conventional	affectionate	principled
skillful	caring	sympathetic	rational

13

8

**TOTAL
ORANGE**

**TOTAL
GOLD**

**TOTAL
BLUE**

**TOTAL
GREEN**

(MAXIMUM: 28 MINIMUM: 7)

My Rainbow:

Brightest

Palest

GREEN
CUBHO 4



GREEN

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GOLD
RESPONSIBLE



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BLUE
HARMONIOUS



BLU

ORANGE
ADVENTUROUS



HARMONIOUS
BLUE



BLUE

I look for meaning in my life ♦ I like to get along with people and look after them

♦ I like to express myself ♦ I am honest and like to be told I am doing well

♦ I fit in well in situations ♦ I want to be important in peoples' lives ♦ I think about the future, a perfect world, good friends, and love

♦ **IN SCHOOL**, I like my teachers, especially those who are friendly. My favorite subjects are about people, such as language, drama, literature, and psychology.

♦ **WITH SPECIAL FRIENDS**, I always look for perfect love. I am very romantic and I enjoy touching, holding hands, love poems and notes, flowers, and quiet talks.

♦ **WITH FAMILY**, I like to be happy and loving. I am very sensitive to rejection from my family and to family conflicts. I really like to be well thought of and need frequent reassurance. I love intimate talks and warm feelings.

UPDRHO 37A

GREEN



GREEN

I am curious, investigating, and form my own ideas ♦ I like to look at the big picture ♦ I am cool, calm, and collected ♦ I like to be smart and enjoy activities that require problem-solving ♦ I value intelligence, insight, fairness, and justice ♦ I like to set my own standards and I enjoy seeking fundamental truths

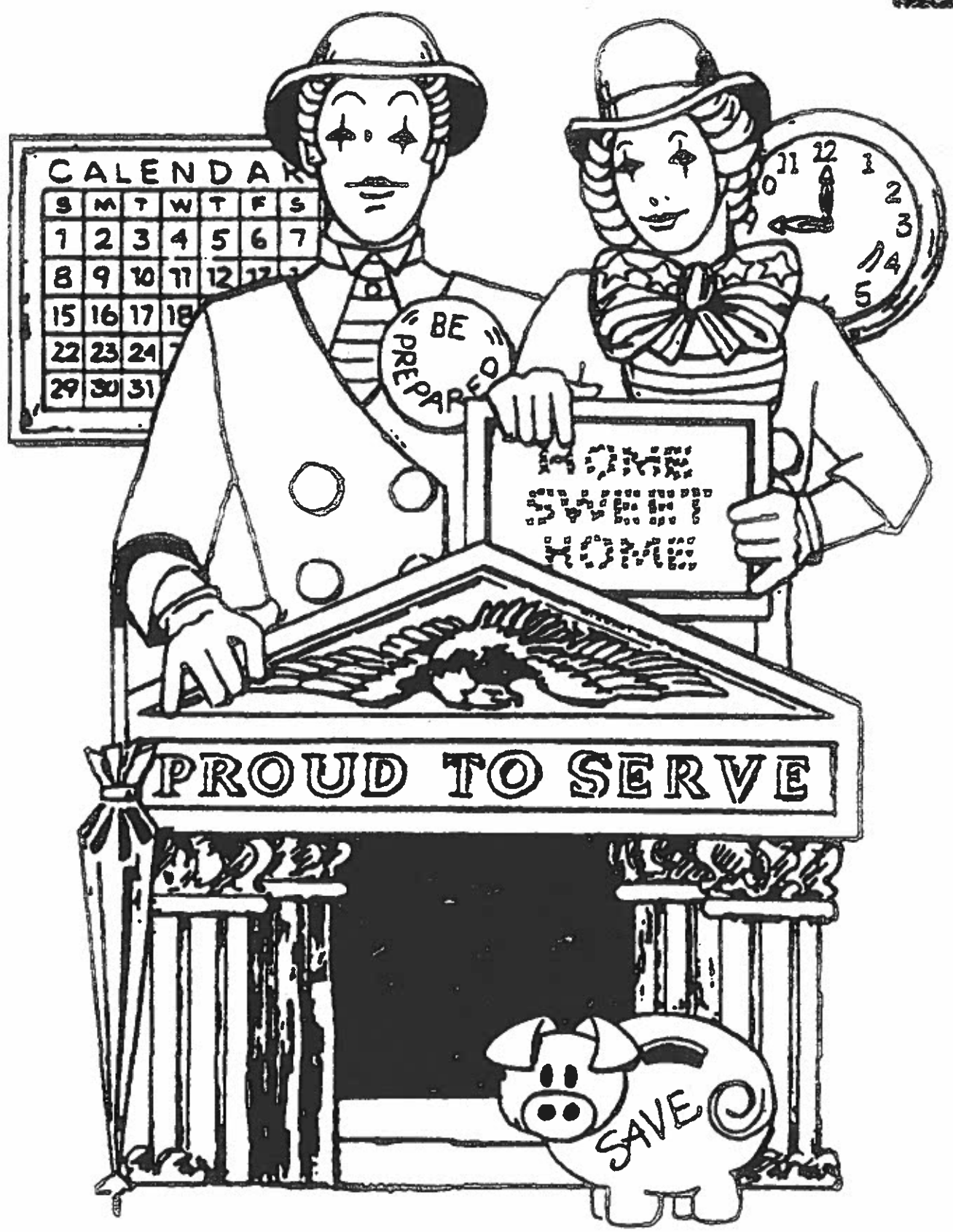
♦ **IN SCHOOL,** I learn best by working by myself. I like to focus on my ideas until my desire for understanding is satisfied. I am easily bored if the subject holds no interest to me. Sometimes, it is hard for me to set priorities because so many things are of interest.

♦ **WITH SPECIAL FRIENDS,** I may seem cool and without emotion. I am uneasy about being controlled by my emotions and I do not want relationships to be complex. To talk about my emotions, once I have expressed my feelings, causes doubt.

♦ **WITH FAMILY,** I am probably seen as a loner because I like a lot of private time to think. Sometimes, I find family activities boring and have difficulty following family rules that don't make sense to me.

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GOLD



GOLD

People can count on me ♦ My actions can be predicted ♦ I am always ready tomorrow ♦ I am loyal, giving, and I to take care of others ♦ I need to be useful ♦ I am practical and sensible ♦ I value home and family and have a strong sense of right and wrong ♦ I follow rules and respect authority

♦ **IN SCHOOL,** I like teachers who set routines and have organized ways of conducting classes. I prefer teachers who stay on one topic at a time. I like subjects that are useful and traditional, such as business, accounting, history, and government.

♦ **WITH SPECIAL FRIENDS,** I prefer people who are careful with their money and who make plans ahead of time. I like my dates to be loyal, dependable, and on time. I am serious about love and show it in many practical ways.

♦ **WITH FAMILY,** I like stability and security and enjoy traditions and frequent celebrations. I like to spend holidays with family members and plan on such gatherings for months and months.

ORANGE

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ORANGE

I like action! To go for it on a moment's notice ♦ I am witty, charming, and bold ♦ I see life as a game, here and now ♦ I act on impulse, I like adventure, I like to compete, and I am skillful in what I do ♦ I like fun, change, and excitement ♦ I live life to the limit and have a cheerful outlook ♦ I learn by doing and am a natural trouble-shooter

♦ **IN SCHOOL**, I need classes to be "hands on;" I like to play games, to compete, and to perform. I like classes that have contests, changes of pace, and variety. My favorite subjects are music, art, and crafts. I often excel in sports. I like solving problems and negotiating for what I want. I can be direct and like immediate results.

♦ **WITH SPECIAL FRIENDS**, planning ahead bores me because I never know what I want to do until the moment arrives. I like to experience my dates with new and different things, places to go, and romantic moments.

♦ **WITH FAMILY**, I need a lot of space and freedom. I want everyone to have fun. It is hard for me to follow rules and I feel we should all just enjoy one another.