

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?

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

1.	
2.	
3.	

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