

Student name: _____ Date: _____



SELF-REFLECTION

Taking time to **reflect on who you are** and what **you stand for is important in self-management**. Reflecting on yourself can help you understand what you need to function in life. Complete this worksheet to get a better idea of who you are!

What are five of your strengths?

- 1.
- 2.
- 3.
- 4.
- 5.

What are two of your weaknesses?

- 1.
- 2.

My favorite part about myself is...

What makes me happy is...

I am comfortable when...

I am talented at...

What are the three most important things in your life?

- 1.
- 2.
- 3.

What are three things you are proud of?

- 1.
- 2.
- 3.

Reflect back on this worksheet. Be proud of who you are!

#FUTUREADY

