

## Self-Reflection About Me

1. What am I good at? [List anything that comes to mind (unloading dishwasher, playing x sport, organizing, cooking, singing, watching younger kids, talking with adults, etc.).]
2. What's hard for me?
3. Who am I? (There is no right or wrong answer.)
4. What are 3 - 5 adjectives I can use to describe myself.
5. What's important to me?
6. What do I enjoy? (such as favorite classes, sports, music, friends, other interests.)
7. What bores me?
8. What is my most valuable skill?