



Journal

Self-Portrait

Draw a self-portrait that reflects who you really are. Surround the portrait with pictures, drawings, or magazine cut outs, that illustrate your likes or dislikes, your talents and skills, important people in your life, and your values and goals. You need 13 pictures.

- 3 pictures of goals
- 5 pictures of things that are important to you
- 3 pictures of skills or talents
- 2 pictures of people that are important to you

Journal

1. Five words I would use to describe myself are...
2. I have chosen these words to describe myself because...
3. Three goals I have for myself are...
4. I work towards these goals by...
5. The five most important things in the world to me are...
6. These things are important to me because...
7. Three skills and talents I have include...
8. When I think about my relationships with others, I feel...
9. These (2) relationships are important to me because...
10. People or life experiences that have had an important influence on me include...