

Self-Reflection

Go through the list and identify statements that are true, somewhat true, and not true at all. Process together how they decided each statement. Encourage continued reflection with this activity.

	True	Somewhat True	Not True
I am nice			
I am honest			
I am happy			
I am confident			
I am social			
I am gracious			
I am adventurous			
I am generous			
I am peaceful			
I am patient			
I am understanding			
I am important			
I am caring			
I am empathetic			
I am compassionate			
I am strong			

Reflection:

Of all of the statements above, which ones do you feel are the most true? Why?