

## Who am I?

This worksheet is to help you think about what you have done over the years so that you can get some perspective on what you might want to do as you move forward. Complete each statement as you feel would best describe you.

1. In years past, I felt most proud that I

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2. I feel most disappointed that I did not

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3. The most important thing I learned while growing up was

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4. I developed confidence by

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5. The person who had the greatest positive influence on me was, who taught me

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6. In years past, I was motivated by

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7. The things I enjoyed most while growing up were

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8. The things I enjoyed least while growing up were

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9. My biggest success was

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10. My biggest disappointment was

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11. The most difficult thing I had to do was

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12. In years past, I considered myself

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13. My friends would describe me as

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14. If I could change one thing in my life, it would be

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15. I get angry by

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16. I would describe myself as the kind of person who

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17. The thing I would most like to change about myself is

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18. One thing I would like to improve is

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19. My philosophy about life is

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20. I like myself because

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