

THE ADJECTIVE BASED SELF-AWARENESS WORKSHEET

Instructions:

- 1 – Fill in each circle with the successive letters in your name;
- 2 – Write upwards adjectives that you think define your positive side;
- 3 – Write downwards adjectives that you think define your negative side;
- 4 – Allow a friend to double check, agree or disagree with your choices.

									
									
									