

IDENTITY CHECKSHEET

Words I Use to Describe Myself



How I look - Appearance

- | | | |
|---------------------------------------|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> tall | <input type="checkbox"/> trendy | <input type="checkbox"/> short hair |
| <input type="checkbox"/> short | <input type="checkbox"/> conservative | <input type="checkbox"/> long hair |
| <input type="checkbox"/> big | <input type="checkbox"/> casual | <input type="checkbox"/> good |
| <input type="checkbox"/> small | <input type="checkbox"/> cool | <input type="checkbox"/> athletic |
| <input type="checkbox"/> happy | <input type="checkbox"/> neat | <input type="checkbox"/> cute |
| <input type="checkbox"/> healthy | <input type="checkbox"/> strong | <input type="checkbox"/> interesting |
| <input type="checkbox"/> other: _____ | | |

How I act - Personality

- | | | |
|---------------------------------------|--|--------------------------------------|
| <input type="checkbox"/> friendly | <input type="checkbox"/> outgoing | <input type="checkbox"/> helpful |
| <input type="checkbox"/> honest | <input type="checkbox"/> considerate | <input type="checkbox"/> fair |
| <input type="checkbox"/> generous | <input type="checkbox"/> calm | <input type="checkbox"/> caring |
| <input type="checkbox"/> trusting | <input type="checkbox"/> understanding | <input type="checkbox"/> brave |
| <input type="checkbox"/> responsible | <input type="checkbox"/> respectful | <input type="checkbox"/> sensitive |
| <input type="checkbox"/> assertive | <input type="checkbox"/> funny | <input type="checkbox"/> independent |
| <input type="checkbox"/> kind | <input type="checkbox"/> intelligent | <input type="checkbox"/> dependable |
| <input type="checkbox"/> organized | <input type="checkbox"/> thoughtful | <input type="checkbox"/> positive |
| <input type="checkbox"/> other: _____ | | |

Things I do well - Abilities

- | | | |
|---|---|---|
| <input type="checkbox"/> organize people | <input type="checkbox"/> work with children | <input type="checkbox"/> play instrument |
| <input type="checkbox"/> organize things | <input type="checkbox"/> clean a house | <input type="checkbox"/> perform by singing |
| <input type="checkbox"/> create new ideas | <input type="checkbox"/> help people | <input type="checkbox"/> perform by dancing |
| <input type="checkbox"/> create with words | <input type="checkbox"/> serve people | <input type="checkbox"/> grow plants |
| <input type="checkbox"/> create with pictures | <input type="checkbox"/> work with motors | <input type="checkbox"/> work with animals |
| <input type="checkbox"/> create with wood | <input type="checkbox"/> work with tools | <input type="checkbox"/> physically strong |
| <input type="checkbox"/> create with metal | <input type="checkbox"/> repair machines | <input type="checkbox"/> use hands well |
| <input type="checkbox"/> work with food | <input type="checkbox"/> sell things | <input type="checkbox"/> compete physically |
| <input type="checkbox"/> other: _____ | | |

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Words I Use to Describe Myself - page 2



What I like to do - Interests

- | | | |
|---------------------------------------|--|---|
| <input type="checkbox"/> team sports | <input type="checkbox"/> cook | <input type="checkbox"/> talk on phone |
| <input type="checkbox"/> art/draw | <input type="checkbox"/> read | <input type="checkbox"/> go to the mall |
| <input type="checkbox"/> act/drama | <input type="checkbox"/> listen to music | <input type="checkbox"/> visit friends |
| <input type="checkbox"/> shop | <input type="checkbox"/> watch TV | <input type="checkbox"/> work |
| <input type="checkbox"/> swim | <input type="checkbox"/> think | <input type="checkbox"/> go to parties |
| <input type="checkbox"/> lead others | <input type="checkbox"/> sleep | <input type="checkbox"/> talk to people |
| <input type="checkbox"/> dance | <input type="checkbox"/> play music | <input type="checkbox"/> be by myself |
| <input type="checkbox"/> exercise | <input type="checkbox"/> sing | <input type="checkbox"/> movies |
| <input type="checkbox"/> other: _____ | | |

Examine the words you checked and list the five (5) most important words in each section below:

Appearance:

Personality:

Ability:

Interests:
