

# Know yourself

How do you know who you are? It's hard to define ourselves as one type of person - ie 'Extrovert' (an outgoing, socially confident person) or 'Introvert' (a person who prefers calm and places that are not too stimulating) when most of us are a mix or feel differently in different situations.

Think about one of your friends. Choose words from this list which apply to them. Now look at the words again. Which ones apply to you? Colour them in.

- Cheerful
- Adventurous
- Daring
- Dedicated
- Hardworking
- Leader
- Perceptive
- Shy
- Trusting
- Witty
- Big-thinking
- Considerate
- Courageous
- Enthusiastic
- Imaginative
- Logical
- Playful
- Selfless
- Sociable
- Warm
- Brave
- Creative
- Friendly
- Curious
- Flexible
- Optimistic
- Realistic
- Sensitive
- Self-reliant
- Sensible
- Confident
- Cooperative
- Calm
- Forgiving
- Independent
- Loyal
- Proud
- Thoughtful
- Smart
- Energetic
- Observant
- Organised
- Relaxed
- Responsible
- Tidy
- Fair
- Funny
- Patient
- Precise
- Serious
- Quiet
- Wise
- Generous
- Helpful
- Kind
- Reliable
- Sympathetic
- Honest
- Willing

Can you see how some of the words you've coloured in contradict one another?  
You are made up of LOTS of different things!  
Now choose three characteristics you would like to have more of.

1.

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What can I do to achieve this?

2.

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What can I do to achieve this?

3.

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What can I do to achieve this?

